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Velcome



Good Housekeeping's Editor, Lindsay, on what she's loving right now...



Fox in our kitchen!

It's always lovely to feature a special friend of the magazine on the cover. The beautiful Emilia Fox has become a familiar face at GH, celebrating with us at the opening of our amazing Good Housekeeping Institute, then signing up for lessons at our exciting new Cookery School. Emilia put on her GH apron and learnt how to make Pimm's Salmon Gravadlax. You can watch her getting inspired in our kitchen at goodhousekeeping.co.uk/ emilia-fox. You never know who you'll bump into at the Cookery School - follow the link and book your own place on one of our lessons now!

SITTING COMFORTABLY?

Back in the day when books were made of paper and the Kindle had yet to be born, I packed more holiday reads into my suitcase than clothing. Now, I still take traditional books - my top choice in bright sunlight or near water - but with the back-up of a Kindle filled with new reads so I know I won't run out. Back on the bookshelves at home, the battered spines and watermarked pages of my favourites transport me back to family holidays every bit as effectively as photos on Facebook. I lost myself in Donna Tartt's The Goldfinch in Corfu last year; in the new Anne Tyler, A Spool Of Blue Thread, in New Zealand this Spring... And especially, Summer after Summer in Ireland, in reading the new Harry Potter with my daughter as each one came out.

If you're going away, I'm guessing you will have saved a corner of your suitcase for GH. And even if you're not, then hopefully the long, lazy days will give you time to escape your routine. That's why I always make sure we fill the August issue with fantastic sun-lounger reading - hence the great GH Holiday Bookfest. For an out-loud giggle, I don't think you can beat a short story from GH favourite Alexander McCall Smith, and I'm delighted that this year we've also included a tale from

bestselling author Kate Mosse. And, of course, our Books Editor, Joanne Finney, has an entire suitcase-full of suggestions for you to buy or upload before you go away. Enjoy!

Lindsay Nicholson

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HAPPY DAYS!

In keeping with the Summery mood, I hope you enjoy our feature on happiness. Hearing what makes others smile inspired me to compile my own list of things that never fail to improve my mood. It includes roses; lavender; dogs of all shapes, sizes and breeds; the sight of a heron; train journeys; chocolate walnut whips; airports (except in the height of holiday season); a long walk at twilight; a black and white movie on TV in the afternoon; lemons, especially growing on a tree, and, finally, a glass of cold Prosecco. Here's hoping that your Summer is filled with all the things you find especially pleasurable.



LAUNCHED IN 1922, GH AND ITS TEAM HAVE WON CONSISTENT PRAISE FOR EXCELLENCE IN JOURNALISM, DESIGN AND CAMPAIGNING. AWARDS INCLUDE: 2014 Red Carpet Award. 2013 Best Lifestyle/ Leisure News Site at the Online Media Awards; PPA New Consumer Journalist of the Year Award (highly commended) to Moya Sarner. 2012 Jasmine Soundbite Award; Red Carpet Award; Guild of Health Writers Award runner-up. 2011 ACE Gold Award for Circulation Excellence by a Major Magazine; Excellence in Oncology Reporting Award. 2010 FPA Rosemary Goodchild Award for Excellence in Sexual Health Journalism; Red Carpet Award. 2009 Jasmine Visual Award; Travel Press Award to David Wickers. 2007 BSME Mark Boxer Lifetime Achievement Award to Editor Lindsay Nicholson. 2006 PPA Consumer Magazine of the Year. 2005 Race in the Media Consumer Magazine Award. 2004 Gold Medal at the Hampton Court Palace Flower Show for the Anaïs garden. 2003 Lifetime Achievement Award to Editor Lindsay Nicholson from The Work-Life Balance Trust. 2002 Eagle Award for Editorial Innovation. 2001 The GH Organic Handbook named best organic cookbook, The Gourmand World Cookbook Awards.

GH PEOPLE

- 10 COVER 'I'M A BELIEVER IN ROMANCE' Emilia Fox on making the most of life
- 14 IT ALL STARTED ONE SUMMER... Meet four women whose lives have never been the same again
- 21 GH REPORT Why there's no such thing as a typical family
- **26 HAPPINESS IS...** The small changes that boost our mood
- 31 TRAVELS WITH MY GODDAUGHTER How do you maintain a connection after tragedy strikes?
- 35 GOOD LIFE with Lisa Faulkner

TRIED & TESTED

- 54 COVER STRESS-FREE **SUMMER** The best buys and advice from the GHI
- 60 HOW I GOT MY BIKINI MOJO BACK Reclaim the beach!
- 63 COVER MAKE MONEY FROM YOUR HOME the easy way
- 67 COVER ASK OUR EXPERTS plus Smart Watches on test
- 163 COVER TASTE TEST Steak burgers Tried & Tested

GOOD HEALTH

72 COVER WHAT HEALTHY WOMEN DO EVERY DAY Wellbeing secrets

Your essential daily exercise routine

- 81 PROBLEM SHARED with Professor Tanya Byron
- 83 HEALTH NEWS
- 85 ASK SARAH From our GP
- 87 LIVE LONGER
- 89 EAT BETTER

GOOD LOOKS

- 90 COVER GREAT HAIR ALL SUMMER LONG 31 sunny ideas for luscious locks
- 99 DRAW THE PERFECT LINE Polish your eye make-up
- 101 COVER BEAUTY AT ANY AGE 103 BODY AND SOUL

- 114 COVER OUR SUITCASE **SECRETS** The expert approach to travelling light
- 118 COVER PACKING A BARGAIN 30 brilliant buys to see you through the holiday - and beyond
- 121 STYLE AT ANY AGE This month's must-haves

GOOD LIVING

- 8 SPLASH OUT Gorgeous treats in sea blue shades
- 122 LET'S TAKE THIS OUTSIDE Open-air decorating
- 132 COVER THE LOVE IT OR LEAVE IT GARDEN A space that will thrive - whether you're home or away

37 COVER GH'S BIG HOLIDAY 77 THE 3-MINUTE SOLUTION: 106 DESTINATION STYLE On **BOOKFEST** Booklovers unite! READY, STEADY, SQUEEZE! trend for a great getaway **BEAUTY FOR** THE BEACH and beyond... page 101 REVEALING **EMILIA** Why she strives to have it all page 10

> **SUMMER FICTION SPECIAL** 12 pages of our favourite reads including two

> > exclusive

short stories

page 37

OUTSIDE STYLE

Entertaining ideas for

life alfresco page 122

AUGUST 2015

138 SEA VIEW GUARANTEED

A bright and breezy cottage

GOOD FOOD

145 ONE SENTENCE RECIPE

All-in-one banana bread

146 COVER NO COOK, NO FUSS!

Fuss-free meals with no hob (or oven) required

154 COVER SECRET TREASURES

Six sweet treats with a hidden ingredient...

161 THE LOWDOWN

Tarte au citron

GREAT ESCAPES

166 REMEMBER HOW

BEAUTIFUL BRITAIN CAN BE

Coastal pleasures close to

JUST FOR YOU

98 COVER LOOK FABULOUS

FOR LESS! Save fffs on beauty and fashion

178 GH DIRECT Great offers on theatre tickets, fashion and holidays

IN EVERY ISSUE

- 3 FROM THE EDITOR
- **7 WORTH SHARING** From you
- 164 IN GH NEXT MONTH

plus, visit us online

172 GH TEAM Who's who, plus our competition rules

174 SUBSCRIBE TO GH

194 SANDI TOKSVIG wants to

make an adventurous holiday choice... eventually



ON THE COVER

Photograph Nicky Johnston
Styling Rachel Fanconi
Hair Jonothon Malone
Make-up Julie Jacobs
Top and skirt Bambah
Earrings Annoushka
Ring Shawish Genève



TRIED & TESTED

Your trust is important to us, which is why:

Every recipe is tested three times in the GHI kitchens.

Every product test bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.

Recommendations on our editorial pages are based on the impartial advice of our editors and expert contributors.

All health articles are checked for accuracy by the Good Housekeeping Health Watch team of health professionals. All prices are correct at time

of going to press. GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at goodh.mail@hearst.co.uk



FOR THE PERFECT AGE LOOK REJUVENATED **IRRESISTIBLY RADIANT**







I've transformed a patch of lawn into a fruit and veg plot,

and am excited to eat my own crops. Beans, blackcurrants and tomatoes are hopefully on the menu.

Jane Martin

Scones with lots of cream and jam, served with tea in a beautiful garden bursting with Summer blooms.

Audrey May

Cold meat and salads washed down with cider! Charlotte Hatt

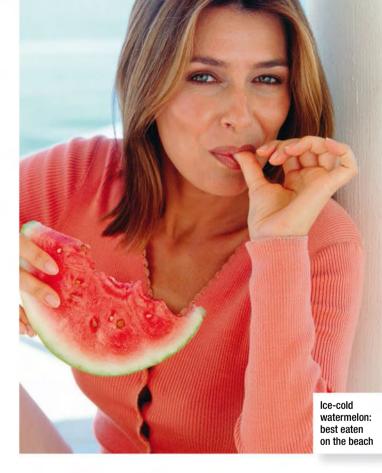
Buffalo burgers: they are amazing on the barbecue or even just grilled. Buffalo meat has a far richer texture than regular beef and is lower in fat. Served with some salad, it's the perfect Summer dish - and my toddler is a huge fan, too!

Anna Fields

A big, juicy wedge of watermelon. Really refreshing on a hot day, and best eaten on the beach so you can go for a swim in the sea afterwards to de-stickify.

Rebecca Woollard

Chilled iced tea! Ivette Melendez



I can't wait for fresh salads with asparagus and a poached egg, poppy seeds and steamed broccoli. Margaret Scout

Everything with mint: I love minted peas, minted new potatoes - and, of course, mint in an icy mojito cocktail! Sophie Willis

Lots of sushi for me: tasty and filling but not overpowering. Eleanor Ash

★ STAR EMAIL **★**

I was so moved and uplifted to read about Nikki Scott's happy ending (Real Lives, July). I remember reading your first interview with her five years ago, when she had recently lost her soldier husband, and set up her charity, Scotty's Little Soldiers, to help children like hers. Knowing that she has found a way to love again, and how her new daughter Tilly has brought hope and joy to their family, reminds me that with courage, we can overcome anything.

Amy Jones

Tow that typed text reigns supreme, it's easy to forget the power of a handwritten message. GH readers shared their memories of lunchbox notes

I used to leave little messages of love and encouragement – as well as ones that said: 'Please bring the lunchbox home before I go bankrupt from buying Tupperware!' Ali Render

Lunchbox notes used to make my day. Now my hubby leaves them for me, and we both do it for our daughter.

Lisa Pocklington

A fab idea - but my 11-year-old son would be so embarrassed if one of his mates caught sight! Nikki Owens

I used to write silly little messages on my daughter's banana. Fiona McAngus 🔲

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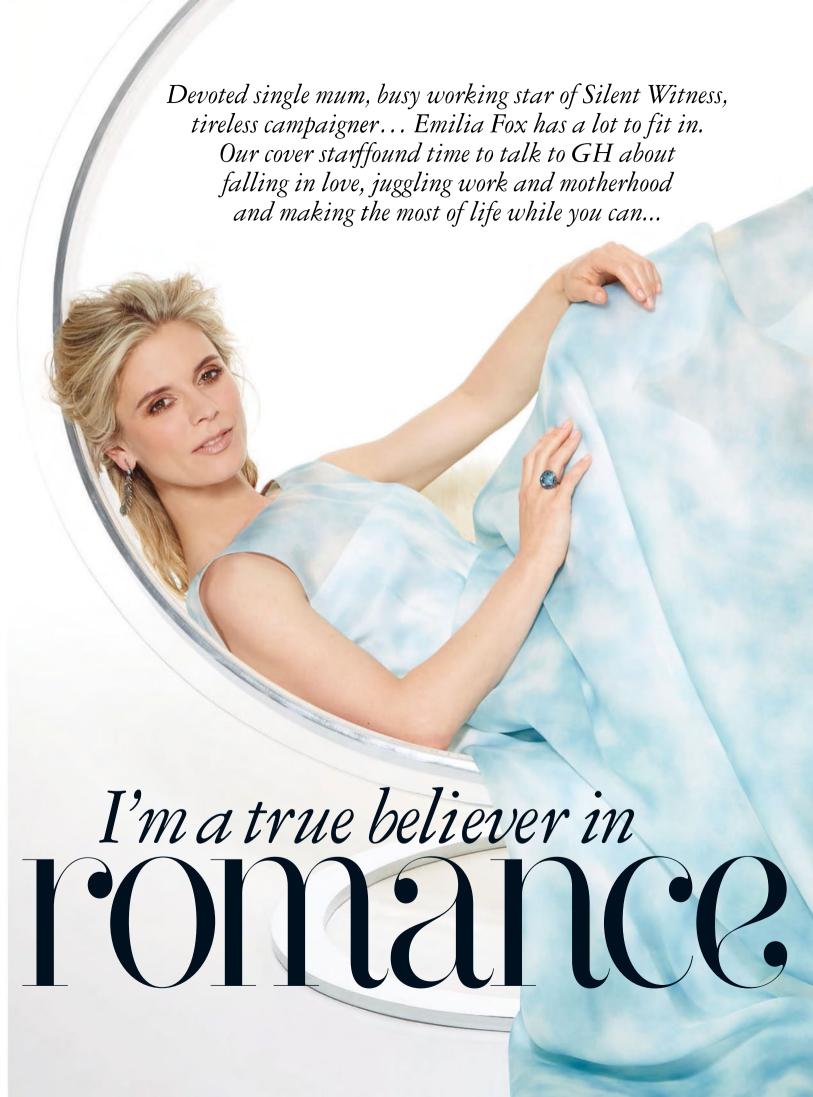
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he may be from one of our best-known acting dynasties, but there's nothing remotely luvvie about Emilia Fox. The 41-year-old actress – daughter of Joanna David and Edward Fox - is refreshingly down to earth when she arrives without a scrap of make-up for the GH shoot. She's been filming the 19th series of Silent Witness, BBC One's crime drama, and working on the thriller sequel, The Tunnel 2. There's another film in the pipeline, and she juggles all this with being a single mum to fouryear-old Rose, her child from her relationship with actor Jeremy Gilley (her marriage with Mad Men actor Jared Harris ended in 2008 after three years). In between it all, she is an ambassador for ActionAid and recently visited Ethiopia to see how the charity is supporting women and children living in extreme poverty. It was a trip that left her profoundly moved and grateful for what she has. Emilia shared with GH her thoughts on marriage, having more children, the pressures to have plastic surgery and why her 40s are her best decade yet...

How do you juggle being a single mum with working so much?

I put Rose at the front of it. She has her dad and I have a wonderfully supportive family and nanny Cassie, who lives with us and helps with Rose. The people working on Silent Witness have been very supportive. The studio is five minutes from my house, so it's meant she can come out to the studio or I can go home very quickly. The good thing about filming is that although sometimes it can be crazy and long hours, on other days you may have mornings or evenings off. I do the charity work when she's with her dad so that seems to work. Rose, work and the charities have been my life recently.

What have you learnt about motherhood?

Your priorities change as soon as you have children. Everything you do is about wanting to get it right. I want to get it right for Rose. I want to give her a broad view of the world and see that

she can play a part in the big picture. Do you feel that women can have it all, or do you think something

has to give? I'm not so sure. I am trying to do it all,

but to do it in a beneficial way.

Do you make enough time for yourself?

No, I don't. I don't mean that in a self-sacrificing, martyr sort of way, but I feel that's the hardest bit of the juggle... I see that as part of having a young child. I'm in a very fortunate position in that there will be plenty of time later to think gosh, why isn't life busier? So my thing is to make the most of it while you can.

Do you want more children?

Yes, I would love more children! When I was in Ethiopia and saw families with siblings who look after each other, I thought how we can get [too] caught up in our work. But what is more important than family life?

What have you learnt about love? It's very precious. It's to be treasured

CONTINUED FROM PREVIOUS PAGE and respected.

Are you a romantic?

I'm a die-hard, old-fashioned romantic in every way. I live in a floral revolution at home. I'm passionate about all flowers. but particularly roses, as you can guess from the name of my daughter. And anything to do with love. My house is literally full of hearts and flowers. It's something that I love. I really believe in it. I have always loved fairy tales and romantic stories. I think it's the way I was brought up. I had a very idyllic childhood, of innocence and wild gardens and running around in Dorset pressing wild flowers, making scrap books and being by the sea in rock pools. I look at Rose

and the number of Disney films she watches and I wonder whether I'm meant to be encouraging this? Everything is perfect and everyone lives happily ever after!

Would you like to get married again?

Yes! I had a lovely marriage to Jared (Harris), who was a very romantic person, and distance separated us. But yes I would love to. Absolutely.

How do you stay in shape?

Although I can burn lots of stuff on adrenalin, I would like to feel healthy and toned and have the right sort of nutrition. I used to be a big fan of Pilates but I haven't had enough time to do it because



something gives and it's usually that! My brother (actor Freddie Fox) has an amazing trainer called Amar Prem Singh who he has used on a TV show called Cucumber, and got into amazing shape. It's really important to look after yourself - not in an indulgent way, but to be able to cope with it all. My parents lead very active lifestyles and are always in the garden in Dorset, where they are when they're not in London. They have always eaten what they've wanted to, but they eat healthily. I would love Rose to grow up with a healthy attitude to life and food.

The acting industry has a reputation for being ageist for women. Is that

something you've experienced? We live in an age where we are

made very aware of it, but I hope to be someone who embraces their 40s. From the very day of my 40th birthday last year, I've had a great time. My birthday itself was such a fun day, with my family and Rose, it was wonderful.

Do you worry about getting older?

There's no point in fighting it because we aren't able to go backwards! I am in my 40s now, and I want to have a darn good time and feel good about it. All we can do is look after ourselves and enjoy every day that we are in. With Rose, I realise how important being in the present is for me. Children don't think about the future and the past - they

think about the present. That's a good example for everything in life. To really enjoy the present if you can. Do whatever you can to enjoy it and embrace it.

How do you feel about actresses having work done? Have you felt that pressure?

It's hard isn't it, having confidence? I feel that and suffer from confidence issues. But I think whatever makes each individual person feel better, it's absolutely their choice. I have many reasons not to have work done, and one is that I'm frightened of needles. Also, facial expressions are so important in the world that I'm in. But goodness knows what tomorrow will bring! I'm hoping one day they will invent something which will be so non-intrusive and will literally iron out all the wrinkles! My mum's friends are glorious women in their 50s, 60s, 70s and 80s. Women like Judi Dench, Eileen Atkins, Phyllida Law, Emma Thompson, Anna Chancellor. They are women to be celebrated and looked to for confidence.

Do you see yourself as a feminist?

I believe in equality. If feminism means women getting equal rights, then absolutely. I'm all for the equality of women which comes under the umbrella of feminism, but equally I love it when gentlemen are allowed to be gentlemen. I don't think we want to kill that off with the word feminism. When a gentleman is kind to you and opens a door, or gives up his seat or says something nice, we must encourage that, too. It's lovely! The age

'These women make me feel strong and proud'

The work that Emilia saw being done by ActionAid in Ethiopia really hit home.

ActionAid works in over 45 countries to support women and children, helping them fight for and gain their rights to food, shelter, work and basic healthcare.

The charity has been working in Ethiopia since 1989 to help transform the lives of children across the country by investing in new schools. It trains Women's Watch Groups to recognise, prevent and report harmful traditional practices, such as female genital mutilation.

The charity also supports women in forming savings and credit cooperatives to help them become economically independent. Learn more at

actionaid.org.uk/emiliafox



Helping hand: Emilia was inspired by the spirit she found in Ethiopia



of chivalry should not die - the age of equality should exist with it.

Who are your female role models? On my trip to Ethiopia

for ActionAid, I met a 40-year-old woman called Gete Haile who has 12 children. Without a doubt, she is my female icon. She went to an ActionAid talk, got two cows and now has six cows that produce 35 litres of milk a day and a really thriving business. She is so inspiring and wants her daughter to come to England and learn about forward-thinking women. She found economic independence and is able to look after her family and help other women. I love that.

Can you tell us more about your trip to Ethiopia?

Never was there a better advertisement for feminism than the women's cooperatives and groups I met there. I met a sheeprearing cooperative and a bee-keeping cooperative run by women who have been given information by ActionAid about start-up loans. The women keep the income - they said it means if they keep the money, they can look after the household and their children and that it doesn't get spent in other ways. The women work phenomenally hard to keep everything going. It was

brilliant to be among them. They make you feel strong and proud. Their community care and spirit is something we can all learn from.

to look after

What else did you learn from the women and children you met?

I visited a school that is being rebuilt. A lot of families want their children to be at home, particularly the girls because they

What do you like about GH?

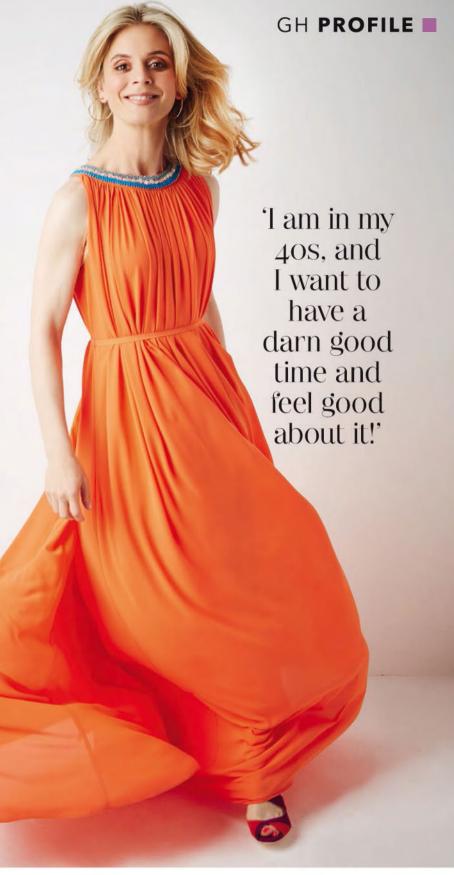
I love it because it covers everything that I really care about. It's not just about imparting wisdom but also about giving confidence in household things or cooking. It's about sharing, imparting, encouraging and supporting. It makes the ordinary special, which is something I really believe in life.

> Coping strategy: 'It's really important yourself,' says Emilia take over the domestic duties and look after their younger siblings. The girls wanted to learn. I sat in a classroom and the children were all desperate to read out loud. They What makes you happy? were so eloquent, enthusiastic and so dedicated to learning. I asked them what they wanted to be and they said teachers, police, engineers and doctors. Those are

> > the careers they are exposed to and see as

successful and helpful to the community. I want to make people aware of how needed and wanted education is out there.

Rose. And the very simple things in life: being at home, being with friends, and gardening. Also, going to places in the world where I've never been and being part of something - I feel it's important.



It all started one Summer...

It's the time of year when anything seems possible, from discovering a new life abroad to finding love where you least expect it. These four readers reveal how the season led to truly amazing transformations

PHOTOGRAPHY NEIL COOPER

'Our ice cream van makes people smile'

It was during an idyllic holiday to Cornwall that Aimee Dickinson found the inspiration for her business

y husband, Dan, and I were watching the sun set on Polzeath Beach in Cornwall one evening when the familiar tinkle of a Mr Whippy ice cream van rang out and the vehicle trundled along the sand in front of us. At the time I worked as a nanny in London and Dan was a TV producer, but we longed to set up a business together. We were just looking for the right idea.

'How about home-made ice creams served from a vintage camper van?' I suggested. Dan nodded immediately. 'Let's do it,' he said. And in that moment, our company was born.

Back home after our holiday, we started looking for the right van. After a few months of searching, we found the perfect one down the road from our home



in west London: an original Sixties split-screen ice cream van. We were told it was very rare – there were only a handful of them left. We bought her there and then, christened her Mimi and spent the next few months sprucing her up, installing new fixtures and fittings and painting her lovely shades of mint and cream.

Our new venture inspired a bigger life change, too. Aware of how costly it would be to run the business from London, where garage fees were sky high, we decided to relocate to the West Country. There were times when I wondered if we were mad to sell up, but we had such faith in our idea and our families were incredibly supportive. Originally we'd planned to make our own ice cream, but we soon realised it just wasn't practical, so we found a local dairy farm that had been making organic ice cream for 26 years. The farmer would milk the cows, make all the ice cream and then deliver it to us fresh.

In the Summer of 2011, I left my job and The Splitscreen Ice Cream Co opened for business. We offered around half a dozen flavours at a time, from caramel fudge and clotted cream to mint choc chip. That first year we were fully booked from May until September for a mixture of weddings, festivals and private events.

Since then, the business has gone from strength to strength. We now have an annual turnover of £80,000 and a permanent pitch in the centre of Bath. Of course it's been hard work – our takings are very much dependent on the weather and we don't get any days off during the Summer months.

Our son, Barnaby, was born in June 2012, right in the middle of the season. When he was six days old, I found myself driving to Devon with him and 30 bottles of ice cream in the back of the van! But mostly it's just been an incredible adventure, and I love that every day is so different. Dan and I adore working together, and the sight of our van always makes people smile. As for me, I wake up every day so grateful to have a job I really, really love. And not everyone can say that.



'I'd like to think Mum sent my fiancé to me'

After her losing her adored mother, Jill Main found it hard to look to the future. But a holiday she reluctantly took with friends changed everything...

hen my relationship ended after eight years, I did what lots of women do and booked a girls' holiday with six friends.

A week in Croatia seemed like the perfect escape. But a few months before the trip in August 2009, my mum, Jane, was diagnosed

with breast cancer at the age of 59. I was distraught – I am an only child and we'd always been very close. The prognosis wasn't good. The following weeks were an emotional whirlwind as I travelled from my home in London back to Edinburgh every week to take Mum to her chemotherapy appointments. In May, she took a turn for the worse. Her organs were failing – it happened so quickly that my dad and I didn't even get the chance to say our goodbyes before she slipped into a coma. But at least I was with her when she passed away.

The next few months went by in a haze. It was simply about putting one foot in front of the other and getting through each





[CONTINUED FROM
PREVIOUS PAGE] day. I had
forgotten about Croatia
until we were due to leave
but my friends persuaded
me to go, saying it would
give me a break.

We spent the first couple of days at a small beach festival, which is where I met Gareth, who was with a group of friends. Over the next few days, our two groups kept running into one another. I thought he was attractive, although romance wasn't on my radar. But at night, a group of us would sit around a campfire under the stars listening to the music. It was magical. And some of that magic must have rubbed off on me because, on the last night, Gareth and I shared a kiss. It was just a kiss, but for the first time in months I felt like my old self again. Gareth clearly felt it. too, because he got my number from my friend and called me when we were back home.

Gareth turned out to be the best thing that has ever happened to me - he is sweet and kind and makes me laugh. I didn't tell him about my mum's death for several weeks. I felt like he was giving me a chance to breathe again, and I didn't want to stifle that. But six months after that holiday. he moved in with me, and we're getting married this August. It's going to be a busy Summer, as I'm also launching my own PR firm, 2180 - it's as if falling in love has not only made me happy, but given me the confidence to set up mv own business.

A friend once asked me if I thought my mum was watching over me on that holiday and somehow sent Gareth to me. I like to think she did.



'Working in an elephant sanctuary helped me shake off the dark clouds'

Heartbroken when she was told she'd never have children, Devi Veeren embarked on a Summer adventure that would make her view her future quite differently

was 40 when I was told it was unlikely I'd ever be a mother. My husband, Gaz, and I had been trying for three years when, after countless tests, I found out I was going through the menopause. Doctors said I had a less than 4% chance of conceiving, even with IVF treatment.

To say I was devastated is an understatement. I felt like the rug had been yanked out from underneath me. To make things worse, I was a nursery nurse, and surrounded by children. I loved it, but the job began to take a huge emotional toll. One afternoon, while reading a story to some of the children, I suddenly felt completely overwhelmed.

I was signed off work with severe anxiety. A dark fog had descended, and I spent the following months numb with grief for the family I'd never have. My husband, friends and family were so supportive, but nothing they said could make it

better. I stayed this way for around four months, but slowly I realised that something had to give. I had to move forward. 'What would make me happy?' I wondered. And suddenly a memory came back of a time when I'd been at my happiest. It had been during a holiday to India when I had visited an elephant sanctuary. I'd helped to wash a baby elephant in the river, and that special moment had stayed with me.

I wanted to relive that experience. So I found a UK organisation, Pod Volunteer, which offers animal and conservation placements abroad, and signed up for a project in South Africa. Immediately, it was as if something mentally shifted in me – the dark cloud finally started to lift. Three months later, in August 2012, I arrived at Knysna Elephant Park.

My job involved cleaning out the enclosures, feeding the animals and monitoring their behaviour. I loved it. The volunteers and I would spend the days off whale watching on the coast or visiting local monkey sanctuaries. Another day we went on a horseback safari, riding past grazing zebras, giraffes and hippos. For the first time in years, thoughts of my fertility struggles didn't consume every waking moment. Being in this idyllic setting made me realise there was a whole world ripe for exploring. And it dawned on me that

[CONTINUED FROM PREVIOUS PAGE] such an amazing adventure wouldn't have even been possible if I'd had a young family to look after.

Back home with Gaz, I began to see our situation in a different light. I started to see myself, not as 'childless', but 'childfree' - someone whose circumstances meant she had the freedom to enjoy her passions. True, it wasn't the life I would have chosen, but it was the one fate had dealt me - and I was going to make the most of it.

That was three years ago, and I credit that experience with shaping the person I am today. I've come to terms with the fact I may never be a mother, and instead I'm focusing on all the other amazing things I want to achieve. I've learnt not to live a life of regrets, but to grab whatever opportunities it throws at me.

'I promised myself I'd do something I'd longed to do - surfing'

When her marriage ended, Wilma Johnson found that a tough physical challenge helped her find a new way forward

ith the sun on my face and the sea air sharpening my senses, I paddled out into the surf and climbed on to my board. Then I waited nervously for the crest of foam to break above me. Moments later I caught it - the biggest wave I'd managed all Summer - and in that moment I truly felt like I could conquer anything. It felt like the end of a dark time in my life.

Two years earlier, I'd moved from the UK to Biarritz in France with my husband, Nick, and our three children. We were looking for a fresh start to give our marriage another chance. However, we quickly learnt that taking your problems to exotic locations doesn't make them go away and, sadly, we ended up separating anyway.

Finding myself a single mother in a foreign country was tough. But I was determined to stay strong for Daisy, then 14, Nat, 11, and seven-year-old Alice. And I found the break-up of my marriage had awakened something in me. I'd spent the past decade raising my kids and I couldn't remember the last time I'd done something just for me. So I made myself a promise. That Summer, I'd achieve something that I'd longed to



Tve never been a quitter and I found the courage to keep going'

do for many years - I'd learn to surf.

At 45, I wondered if I was fit enough, but I brushed away feelings of self-doubt. On my first attempt, I couldn't stand up and came home covered in cuts and bruises. Subsequent outings resulted in a dislocated finger and a broken collarbone. I was close to giving up.

But I've never been a quitter, and I found the courage to keep going. And thanks to some coaching from a friend, my technique began to improve. I can't describe my elation when I stood up on the board for the first time. I found surfing incredibly cathartic, too - it was as if my problems simply dissolved into the foam. All that mattered was catching the next wave.

What did surprise me was that there were hardly any other women surfing. It was a very male dominated sport and the local surfers could be an intimidating bunch. So, along with a friend, Johanna, I decided to set up my own all-female group, the Mamas

Surf Club. Soon there were eight of us, and we'd ride the waves every Saturday and hang out on the beach.

I've never laughed so much as I did that Summer, and some great friendships were formed - falling flat is less humiliating when there's someone else doing it with you! By the end of the Summer, surfing had become more than just a hobby - it was an addiction. Nothing could match the buzz I got from being out there in the water.

I'm 55 now, and my love affair with surfing has endured. I've written a book, Surf Mama, and I'm planning my next adventure - a round-the-world 'surfari'. I'm proof it's never too late to discover a new passion. For me, being out on the ocean is the most incredible feeling. But it's about more than that. Surfing has taught me to take risks, to face my fears head on and to never worry about failing. Because if you fall down, you simply get back up again.





SPEND TIME IN THE SHADE WHEN THE SUN IS STRONG







What does the word family mean to you? A mum, a dad and their 2.4 biological children? The truth is, they are now in the minority. In the past 30 years, social values and science have transformed family photograph albums, with children raised by single, step- or same-sex parents, and babies born with the help of an egg or sperm donor, or a surrogate mother. In just a generation, ideas of what constitutes the norm have been turned on their head, leading many to question the impact on children and society. GH investigates...

'On some level, we knew that we weren't like everyone else...'



What's it really like growing up in an alternative family? Writer Rosie Ifould shares the lessons she learnt when her parents separated and her mum's new partner, Sue, moved in...

y son, Riley, who is nearly four, is learning to ride a bike, so off we all traipse to the local park - my son, my husband, our dog and me. My husband and I are taking it in turns to run behind Riley as he pedals furiously. 'Daddies go fast!' he shouts. Mummies and daddies are something he is currently very interested in. He is fascinated by families - working out who's who and how they all fit together. I field his endless questions as best I can, but I'm still waiting for the big one: 'Why do I have a Nanny and a Sue?'

From the outside, my immediate family looks pretty conventional, but hop up a generation and you'll discover my son's fairly unusual configuration of grandparents. On his dad's

side he has one of each, happily married. On my side? Well...

The short version is that up until the age of 11, my family was pretty standard: mum, dad, three kids. Then my parents separated, and my mum's new partner moved in. Her new partner was a woman, Sue. My younger brothers and I divided our week between Mum's house and Dad's new house around the corner.

When I explain this, most people have questions. Most typically: 'Did you have any idea?' and 'Did your parents love each other?' (The answers, by the way, are: 'Nope, none at all,' and 'Yes, absolutely, and they're still good friends now.') But the question people really want to ask is: 'What was that like?' And to answer that, there really is no short version.

On a day-to-day basis, there was nothing remarkable about

now far more visible ate Coco Pops and watched cartoons. My brothers and I made our way to school and fielded lessons before coming home to eat, avoid our homework, argue with each other and watch TV. My brothers played football or computer games. I loved Judy Blume's books and shopping and Take That. Sometimes we

We were just like everyone else.

But, on some level, we knew we weren't. We knew, instinctively, that it wasn't a good idea to go around talking about our family. I was never bullied, but I was always worried that my brothers would be. If I was out with both Mum and Sue, there was always a little part of me that felt tense. What were



Rosie and her two brothers divided their time between their mum and her new partner, and their dad.



THE GH REPORT

other people thinking? Could they tell? Did they know?

This was nearly 30 years ago. around about the time when Section 28, the law that made it illegal to 'promote' homosexuality, came into being. I don't think I really knew what it was, but I knew it meant that a lot of other people thought there was something wrong with the wav we lived. This was before the famous Brookside kiss of 1994, when actresses Anna Friel and Nicola Stephenson performed the first pre-watershed lesbian kiss on British television. Elton John was only recently divorced from his wife Renate Blauel. and still light years away from posting proud pictures of his husband and children on Instagram, and from calling for a boycott of fashion designers Dolce & Gabbana for their comments about 'synthetic' babies conceived via IVF. That any Prime Minister might marry his gay partner, as Xavier Bettel did in May, was unthinkable – even in Luxemboura.

Alternative families are now far more visible. The Office for National Statistics shows there are around 21,000 families in the UK with same-sex parents. The number of surrogate

babies has risen by 255% in the past six years - although the actual figure is still small (161 births in 2013). More than 3 million children now live in a single parent household.

What is life like for these children? How does it feel to discover they aren't the same as characters in picture books - is it strange, or sad, or exciting? I suppose it depends on whether their mum - or mums, or dads – can talk to them about it, and let them know it's okay. Perhaps those parents know about the studies that show the positives of being raised in an alternative family: a study of two-year-old children and their parents found that single mothers show greater joy towards their children and tend to be less anary. A long-term study of lesbian families found that the children surveyed showed fewer emotional and behavioural problems than their peers, and did better academically.

Or, perhaps, the parents of these children know something far more important - that none of this stuff really matters. When I think about growing up, my mum's relationship is just background noise. What I really remember was feeling loved. I remember incredible

family holidays. I remember being driven to piano lessons and singing lessons, and the pride of being in a play and looking down to see that my family had taken up the whole front row. I remember people listening to me, looking after me when I was ill. And I remember that this time last year, it was my mum's partner, Sue, who spent hours and hours sitting in the car with me as, at 35 years old, I finally got round to learning how to drive.

Because these are the things I remember, it's hard to know exactly what to say when people want to know: 'What was it like?' What I do know. though, is that while questions like that are completely understandable and just human nature, they're really the only thing that emphasises the difference between my childhood and anyone else's.

It isn't an easy thing, feeling you're different - especially when most of us have a deep-rooted desire to belong, to feel at home. And it can be scary when you're made to feel that difference by other people. But if you're lucky, that difference can also be something you come to love about your family. I certainly wouldn't have it any other way.

CHOICES

After years researching how children are affected by unconventional families, **Professor Susan Golombok** of Cambridge University's **Centre for Family Research** wants to bust a few myths:

- Having same-sex parents doesn't affect a child's sexual orientation. Research shows that children may be more likely to experiment with same sex relationships, but are no more or less likely to identify as lesbian or gay as adults.
- Statistics show conception via a donor's sperm or egg has absolutely no impact on the relationship between parent and child, as long as children are told before they go to school. If they find out later, they can feel deceived and lose trust in their parents.
- Children don't suffer from lacking a male or female parent, and there is no evidence to show it affects masculinity or femininity.
- It's prejudice that causes problems for these children, not the families themselves. While people have the right to hold their own beliefs, they can't argue that these families are worse for children - 40 years of research has proven it is simply not the case.

With Mum, when I was 19







With my husband and son

'It's love, support and honesty that make families happy'



It was a huge shock when Emma Cresswell discovered that she and her brothers were the result of sperm donation. But she's learnt that what counts is not how she was conceived, but how much she is loved...

s a triplet, I was brought up happily with my two brothers, pretty much single-handedly by our mum. We grew up being told that she'd split up with our dad just after we were born and, although she never stopped him seeing us, he never came to visit. At about 13 years old, we all decided we'd like to contact him, and our mum supported us.

That first meeting was disappointing. There wasn't the big connection I'd hoped for, and I remember things like him getting my birthday wrong. Still, we all liked the idea of a dad being in our lives, so we saw him every other weekend. At 16, I even moved in with him, as my sixthform college was based near his home.

Sadly, we didn't grow any closer, and one day when I was 18 and one of my brothers was at the house, we had a big row with him, and he blurted out: 'I'm not your dad.' He explained we were donor conceived. I was stunned, but at the same time relieved. At least now I had an explanation for that dissatisfying first meeting, and his growing animosity and disinterest in us.

So much went through my head. Why hadn't he admitted it before? Why hadn't our mum ever told us? Being triplets, we'd assumed they had had fertility treatment, but why hadn't we been told the truth? When I eventually approached my mum, she explained that he had been infertile, and she had always planned to tell us when we'd have the maturity to deal with it and the time and space to come to terms with it. She felt the best time

was when we all finished our education.

Although I felt that she should have been honest and told us from the start, I tried hard to see things from her perspective. After all, she was with a man with whom she thought she'd spend the rest of her life, and very quickly found herself a single mum of three. That must have been hard enough.

Although my relationship with the man I had thought was our dad broke down completely, I never blamed my mum and we are still close. In fact, I think there are advantages to having learnt the lengths to which my mum went to give birth. I wasn't an accident, I wasn't a mistake. I was very much wanted.

In the end, what really mattered in our upbringing was how much Mum loved us, not how we were conceived. I can't speak for others, but I believe that as modern families are faced with everincreasing complexity, we'll see more and more people saying that, too. In the end, it's love and support that make families happy - and that stands for far more than being conventional.

'I wasn't a mistake – I was very much wanted'

Emma Cresswell

THE NEW

TV presenter Mary Portas and her wife, Melanie Rickey, have been not just open, but vocal about how their son was conceived, in the hope it will help change society's perceptions.

When she and her wife decided to start a family, Mary Portas asked her brother, Lawrence Newton, if he would be the biological father of their child. Her son, Horatio, is now two, and was conceived via IVF, with Lawrence's sperm and Melanie's egg. The couple have been very open about their family set up - close friends and family have always known the identity of Horatio's father, and they plan to tell Horatio about his 'Daddy Lawrence' when they judge he is old enough to understand the details.

'We are simply sharing something that feels very normal to us as a family,' Melanie said when the news became public.

'And if it inspires people or makes them think differently - or even if it challenges their perception of normal - then that can only be positive.'

In her autobiography, Shop Girl, Mary spoke about how Lawrence was the first to see the baby after Melanie gave birth: 'I said to him, "Thank you," and he said, "It's my pleasure," and we just held each other,' she wrote. 🔲



Melanie - their son,

Hozatio, is now two

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Falling in love with your husband all over again

We're all guilty of it: taking our partners for granted. Couple it with busy lives that mean we're passing ships, and it's no wonder romance is often the casualty. But Summer holidays are a chance to rekindle those feelings that brought you together in the first place.

Spending more time together gives you an opportunity to focus on how you treat each other. 'Start with a positive versus negative audit,' says couples therapist Andrew T Marshall. 'Being snappy with each other or making snide comments are negative strokes. Positive strokes are simple little acts of kindness like making a cup of tea, paying compliments and saying thank you.

'Focus on trying to increase the number of positives. You should be

aiming for a 5:1 ratio – it takes five positive comments to cancel out a negative one.

I tell my clients to aim for a 10:1 ratio.'

We all tend to revert to our

default action when in conflict with our partners – whether that's being a sulker or a shouter. But that repeated pattern doesn't get you anywhere – so instead, try reacting in a different way. 'Do the opposite of how you usually react. If you're a shouter, bite your tongue and listen to your partner. If you usually go quiet, ask: tell me more,' says Andrew.

But don't be afraid to let off steam. 'Arguing should be rebranded as a positive force. It shows intimacy and that you trust each other. It's far healthier to air issues than let them build up.'

Holidays are a chance to re-create your early days together. Says Andrew: 'Travel back in time – go back to where you first went on holiday together, or catch a Summer movie you first saw together. That will reconnect you and recapture those feelings of falling in love.'



DOING SOMETHING NEW

Cosseted in your comfort zone, it can feel daunting to step outside of it. Pushing your boundaries, though, will boost your confidence and enhance your happiness. And Summer often gives us the time to do this.

You can start small, says
Nina Grunfeld, who sets up
self-improvement Life Clubs.
'First, work out what's making your
comfort zone so comfortable. What's
it protecting you from? Once you
know what's keeping you there, it
will be much easier to get out of it.

'Start by taking something small that you've wanted to do for ages, like turning a somersault under water, and have a go, or booking to go to a festival. What's the worst that could happen? Allow it to start you on a journey of change.'

Rather than feeling overwhelmed, each week set yourself a mini goal you can achieve. 'Instead of saying you're going to meditate every day, make it once a week,' says Nina. She suggests focusing each day on what you're enjoying. 'Keep a list of the best things and start consciously building more of them into your life. Gradually, you'll start doing things differently.'

RECONNECTING WITH YOUR FAMILY

Holidays are when families tend to be thrown back together again under one roof. Students back from university for the holidays, the in-laws visiting... Generations collide and it's often less than harmonious. Going into it with an idyllic, Waltons-esque vision is asking for trouble.

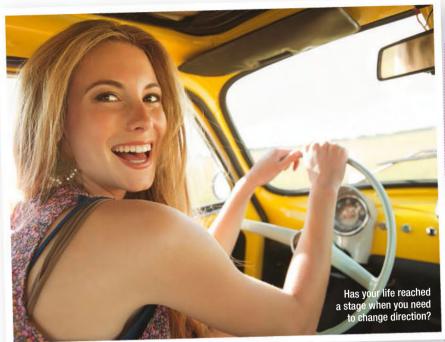
'Ditch your expectations,' says psychologist Jessica Chivers, 'whether that's thinking your holiday is going to be all warm, fuzzy togetherness or you're frankly dreading it. It's bound not to turn out just the way you want. No one should feel responsible for everyone having a great holiday. It's not your role as mum to make everything perfect for everyone else.'

If children usually live away from home, take that into account rather than expecting them to fall into old roles. 'Have the utmost respect that your children are grown-ups. Do some pre-holiday planning so you know what everyone wants to get out of the break and what they want to do,' says Jessica.

Tap into nostalgia to rekindle closeness. If you want to keep up family traditions you began when they were little, it's all about giving them non-pressurised cues. 'Whether it's a stroll on the beach after dinner, making a sandcastle or visiting an old haunt, say, "We're going anyway, and it would be brilliant if you came, too",' says Jessica. 'Chances are they'll be up for it.'

With parents and in-laws, she suggests being straightforward. 'Make your expectations clear. During the first night at dinner, say there are some things you and your husband are doing by yourselves, which will give them a chance to do their own thing, too. You're not laying down the law, you're signposting. Think of yourself as the orchestrator giving your family choices so everyone feels involved in making decisions.'





Finding a new happy ending

If only we could re-boot those events when we made a bad judgement call or took a wrong turning in life. That may not be possible, but there is an increasingly popular way of changing your perspective on what has happened - simply write it down.

If you're confused about something, writing down your thoughts can process your emotions and make sense of them. And research shows that expressive writing - writing our life stories and editing them - can dramatically increase our happiness.

Our lives are shaped by the stories we tell about ourselves, says Caroline Macrory, who runs expressive writing workshop Write As Rain. When people write their stories, it changes the way they see themselves.'

Caroline suggests writing about a difficult relationship or issue in your life for as long as you feel comfortable. Then write about it again, but this time from the other person's perspective. 'This usually makes you feel more empathy and gentler towards the other person and yourself.'

Another technique is to write for 10 minutes about a challenge in your life - perhaps something that seems out of control, like being made redundant. After you've vented, jot down what you've learnt from the experience, like resilience. Then write how it could have a positive impact on the future - maybe you've always wanted to set up your own business and this was the push you needed. This shift in perspective allows you to draw on positive emotions while handling life's challenges.

Look on treats

in yourself

as an investment

Creating an orderly home

Have a clear and happy home, then you'll have a clear, happy mind, so says TV presenter turned professional neat freak Anthea Turner. 'When you walk through your front door, you should feel happy, not drained your home should be your human battery charger. Living in chaos can be a happiness sponge,' she says.

Summer is an ideal time for a domestic blitz. 'We've got more energy and can fling open the windows,' says Anthea. 'Sun streaming through the windows picks up every bit of dust, so it's an incentive to clean.'

Her approach is to think little and often so you're not overwhelmed. Turbo-charge that finger-twiddling time while you're held in a queue on the phone to the bank or call centre. 'While you're listening to Greensleeves for the sixth time, get a kitchen drawer or sock drawer in front of you and clear it out. While you're having a catch-up with a friend on the phone, have a mini power clean. Grab a cloth and do some dusting while you're chatting,' she suggests.

Overwhelmed by having a big clear-out? Approach it gradually rather than not doing it at all. It's all about making it do-able: for example, throw out one thing a day for a month. Most of us have got a dumping space, where we put unused things that we can't bring ourselves to throw out. Andrea is on the case. 'Zap your shoving places!' she says. 'You know - under your bed, that cupboard under the stairs. Get everything out and make your mantra if it's not beautiful, useful or seriously sentimental, get rid of it.'

INDULGING YOURSELF

So much for being a well-deserved treat – a third of British holidaymakers feel

quilty after holidays. The feelings relate to overindulging in food and drink while feel happy,' he says. 'We often tend to feel quilty about kicking back. But by having treats you're being self-focused, not selfish. You need indulgences as an antidote to the stresses of work and family life. He suggests making an emotional to-do list of little everyday Summer treats that will make you happy. 'Whether it's an ice-cream, a picnic or a weekend break, indulge yourself,' he says.

See it as a long term investment. Allowing ourselves to have fun is beneficial to our mental health. Say to yourself, 'I'm a worthwhile person and I deserve time for enjoyment.'

they're away, and can last for weeks afterwards. But a little bit of what you fancy really does do you good, says consultant psychologist Professor John Collings. 'Treating yourself isn't a luxury, or self-indulgent, it's investing in your emotional health. Emotions need to be re-charged to make you

relax in the country



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The next generation: Rachael makes sure Holly's love of adventure is being passed down to Lucia

TRAVELS with my GODDAUGHTER

For 20 years Rachael
Woolston and her best
friend, Holly, travelled the
world together, exploring
new countries and
enjoying delicious food,
their friendship only
deepening when Holly
became a mother. Then
Holly died, leaving a
devastated Rachael
searching for a way for the
connection to live on...

ith bare brick walls, cool music and a tasty breakfast menu, the Barcelona café was exactly the type I'd have visited with my friend Holly on one of our trips. Except now I was on a mini-break with her daughter, deciding between juice and coffee instead of ordering a Bloody Mary.

'What would your daughter like?' the waitress asked as we scanned the menu. Lucia smiled, unperturbed by the mistake. 'She's my godmother, and I will have pancakes, please.'

These days we are used to being taken for mum and daughter, although when it first happened, neither of us knew how to react. We were on a camping holiday in France and still reeling with grief. When the woman selling ice cream asked the same question, we smiled awkwardly and ordered without correcting. But that holiday proved to be the start of a journey in healing.

Holly was 39 when she died of sarcoma, a rare form of cancer. Her daughters, Lucia and Cerys, were only six and four at the time. It was heartbreaking, although the realisation that cancer would eventually claim her life had been gradual. In that time, Holly did all she could to create memories with her daughters. From teaching them her favourite recipes, taking a family holiday to Italy where the girls learned to swim, and even going to a music festival while on chemotherapy, she lived as fully as she could.

It was this energy that drew me to Holly when we first met while working as chalet girls after university. She was outgoing, warm, always playing the fool – a winning combination. We shared a flat in London for five years, started our careers together, laughed and cried over relationships, and travelled as much as possible before she met Carlos, who she married in 2002.

Two years later, they had Lucia, and asked me to be her godmother. I was so touched, never imagining it would mean anything more than an expression of our friendship.

We spent a lot of time together, living close to one another in Brighton. I was single and commuting to London for work, but I babysat, and we met for Sunday It was while celebrating my 37th birthday that Holly first complained of backache. A few weeks later, in December 2007, she was diagnosed. Everyone rallied round. I would sit with Holly in a dark room when the sun felt too harsh after chemotherapy, bring meals when she was in hospital, and do as much as I could for Lucia and Cervs.

By then I'd set up my own business, which meant that I could occasionally pick the girls up from school. We'd sit on the sofa and I'd make up stories to keep them amused until Carlos came home from work.

Carlos and I got to know each other better too, becoming real friends. Watching Holly suffer and feeling helpless was tough for both of us. As she grew steadily worse, we knew the day would come, but that didn't make it any easier when she finally died.

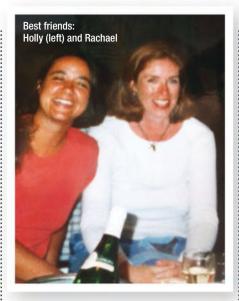
The next year was a blur of throwing myself into work, and seeing the girls and Carlos as much as possible. Just before the anniversary of Holly's death, Carlos declared that he was buying a VW camper van and taking the family travelling around France for six weeks. When he suggested I join them halfway through, I said yes immediately.

By the time I met them, Carlos couldn't wait for adult company, someone to have a drink with once the girls were in bed. It was lovely to see them looking healthy and tanned, although their hair was practically in dreadlocks. Lucia cried when I tried to get her to shower. 'They should shower, shouldn't they?' Carlos asked, unsure and not wanting to upset her.

He was doing the best job he could, finding his way as a father to two girls without Holly. It was just one of the many signs that highlighted how we were still struggling with grief, despite us all thinking we were doing okay. But those two weeks were also a time of laughter and celebrating Holly's life. It did us all so much good that we carried on the tradition every year until last Summer.

By then Carlos had met a wonderful woman, Lucy, with two daughters of her own, and they'd gone to France for two weeks. Although Carlos had invited me the week after, I felt that the Summer should be about them creating new memories.

It was hard, but I'd always known the time would, and should, come for Carlos to meet someone new and that life would move on. But it made me realise how much I also relied on that special time with Lucia.



'When you lose someone you love, you don't get over it. You grow around it, as a coin pushed into a freshly cut tree becomes part of the trunk as it regrows'

So I asked if I could take her to Barcelona for her 11th birthday in the October half term.

Lucia was beside herself with excitement, being the first among her friends to go away alone. Since Holly had loved travel adventures, I decided to book an Airbnb apartment, rather than a hotel. We arrived late, and as the owners showed us around, I thought how proud Holly would be to see Lucia so confident on her first trip.

The next morning we caught the tourist hop on and off bus, getting off at the beach for breakfast, before spending the day wandering the local neighbourhoods, tasting as much food as we could. 'Try this,' I said, giving Lucia a panellet, a traditional sweet of almonds, sugar and egg rolled in pinenuts from the bakers.

Food had been a huge part of Holly's life, and our friendship. We'd spent our meagre salaries visiting expensive eateries way beyond our means. On holiday we were the same, always looking for something new. Now, I was sharing the experience with Lucia. I knew it would have been important to Holly, who'd written her favourite recipes in a book for her daughters.

At times Lucia seemed so grown up. It was only when we went up the vast La

Sagrada Família cathedral, where she confessed to being afraid of lifts, that I was reminded that she's still a little girl, and doesn't have a mum to reassure her when she's scared. I hugged her. 'It's okay, and once you've done it, it won't seem so scary any more.' She was white as a ghost, but her reaction at the top made it all worthwhile. 'Wow,' she said, her eyes shining as she stared out over the rooftops of the city.

I've never thought of myself as Lucia and Cerys' mother, nor would I. I've tried to take on a role more as a cool aunt. And I'd promised Holly, on the day before she died, that she would always be part of her daughters' lives, whether that be in the form of sharing memories, or my simply being there to provide a constant in their life and a connection with her.

And with no children of my own, it is rewarding and a privilege to be part of Lucia and Cerys' lives, seeing them blossom and create their own identities, although Holly still shines so strongly through them.

Just like her mum, Cerys can make an entire room erupt into laughter with her jokes, while Lucia's wisdom pulls me up short. 'I keep thinking that I should write that story we used to make up when you were little,' I said on the flight home.

'You should. Write it,' Lucia said, urging me to take a chance, exactly as Holly would have done had she been the one sitting there.

It's almost five years since Holly died. It seems years ago, and also just like yesterday. When you lose someone you love, you never get over it. You simply grow around it, as a coin pushed into a freshly cut tree becomes part of the trunk as it regrows. I still miss her advice and her warmth. But she has left on this earth two beautiful children, and a husband who has grown into an incredible father. All of them are a testament to her and reflect her personality, while also moving on and developing.

I remember Holly's last birthday in September 2009, sitting on Hove seafront on a beautiful, hot day, the sea as smooth as glass. The sun was warm on our skin, the water sparkled.

'I wish I didn't have cancer, but it makes you appreciate everything so much more,' Holly said. And she was right.

I wish Holly was still here, but she made us realise that life is wonderful. Everything seemed more colourful and full of adventure when she was around, and I try to keep living my life that way and sharing that legacy with her daughters.

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GOOD LIFE

THIS MONTH WITH Lisa Faulkner

Whatever the weather, it will be a sunny month for actress, cook and mum Lisa Faulkner - here she shares the best bits from her diary...



FILMS

AMY

I'll be interested to see this documentary with archive footage of singer Amy Winehouse. I'm a big fan, and I'll never forget the day she died - I was completely shocked. It was devastating, as she was so young and talented, but her voice will stand the test of time.



and talented

THE CHOIR

This film is right up my street. It's about a boy whose mother dies, and he meets a demanding choirmaster who's determined not to let his talent go to waste. It stars Kathy Bates, Eddie Izzard and Dustin Hoffman - they're all brilliant actors, and I have such a crush on Dustin. I would like to make him dinner and have a nice long chat!

......

INSIDE OUT

My daughter, Billie, will love this film, which goes inside the head of a young girl, turning her emotions into characters. Any film where girls are strong and have a mind, where they face all sorts of missions and come out on top, is a great message.

CELEBRITY MASTERCHEE

BBC One

I don't watch much television, but I'm obsessed with Masterchef. I invest so much time in it that I can't watch anything else, or I'd just be sitting inside watching telly all day!



SPORT

HENLEY ROYAL **REGATTA I**

1-5 July

I usually hate sports, but I love Henley. When I was growing up, my family and I would go every year. We never had tickets, but my mum would set up a huge trestle table of food in the car park, we'd all dress up and have a lovely time watching the rowing. I would love to go with the next generation of my family.



FESTIVAL

CAMP BESTIVAL

30 July to 2 August

I'd love to take Billie to this colourful, familyfriendly festival in Dorset. Ella Henderson and Alison Moyet are performing - Ella was great on X Factor and I listened to Alison's music when I was growing up. I've taken Billie to a food festival before, and she really enjoyed it.

EXHIBITIONS

AUDREY HEPBURN: PORTRAITS OF AN ICON

National Portrait Gallery. 2 July to 18 October

I'm a huge fan of Audrey Hepburn. She really was the whole package – beautiful, clever and funny. I will get lost for an afternoon in these pictures.

'Audrey Hepburn really was the whole package'



LINES OF BEAUTY

The Foundling Museum, until 6 September

I love the Foundling Museum because it tells the story of the children's charity Coram, which helped me adopt Billie. I've often taken her there to hear stories of other children who've been helped. This exhibition is a fantastic excuse to visit again.

ON STAGE

MACK AND MABEL

Southwark Playhouse, London

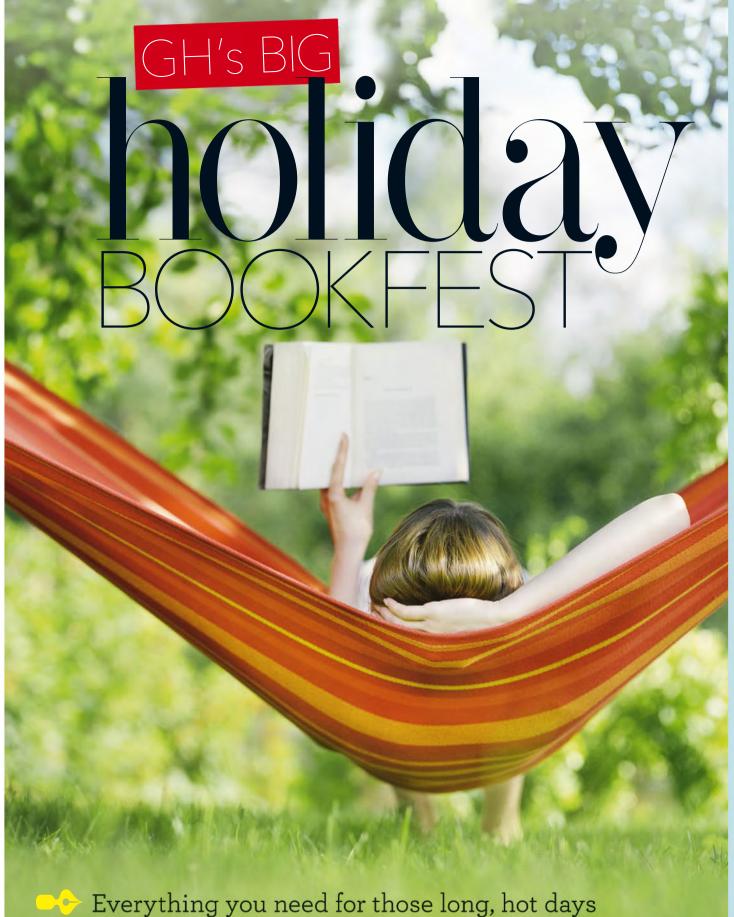
Michael Ball stars in this musical about the romantic relationship between Hollywood director Mack Sennett and rising star Mabel Normand. I adore Michael - we've worked together a couple of times, and every time I see him I'm reminded what a wonderful singer and lovely man he is.

ANNIE

My daughter is obsessed with Annie - she knows every single song and the words to every scene, so I know she'll be singing along in the theatre! I love Craig Revel Horwood, who plays Miss Hannigan in this new production touring the UK, so we can't wait to see this. \square







- Some of our favourite women share inspiring books
- Two original short stories from best-loved authors
- Twenty-six beach reads you won't want to miss



RTRAIT OF MICA: JOEL ANDERSON/EYEVINE. PORTRAIT OF KATHY: GETTY. FOR TICKETS TO LOVE METENDER, GO TO LOVEMETENDERMUSICAL.COM. JURING TROUBLE BY KATYLETTE IS OUT IN PAPERBACK IN 1111Y

The books that changed our lives

Whether it's a childhood favourite, an absolute classic or self-help wisdom, we all have a book that has made us think differently. For millions of us it was Harper Lee's To Kill A Mockingbird, which makes this month's publication of its sequel, Go Set A Watchman, a huge event. We asked well-known women to share the books that have meant the most to them

'This book helped me stay normal in a maddening world'

British soul singer MICA PARIS was struggling with the pressures of fame when she found a book that changed her outlook on life

y perspective on everything changed when I was in my 20s and I read a very powerful self-help bestseller called
Return To Love, by Marianne Williamson. It

helped me in terms of trying to find self-love, because at that age you're constantly trying to be perfect. You're trying to be more beautiful and to do all the things you try to do if you're a woman and feel you haven't made the mark. It shook me to the core and made me see that I had it completely wired wrong. It was a real wake-up call.

I had an extremely religious upbringing. My grandparents

were Pentecostal ministers and I was brought up in a very strict home. I liked the spiritual aspect of it and the musical side, but I didn't like being against other people who had a different belief system. It didn't feel right, so at 15 I left. By the age of 17 I was dealing with fame and fortune as a singer, and I needed an anchor because my life wasn't my own. I was living out of a suitcase and touring all over the world. I needed something to feel grounded and got into self-help books – and that's when I found Return To Love. Being in the spotlight gives you a constant uncomfortable feeling, like you're naked in Waitrose at 6pm. But these books help me stay normal in a maddening world.

Self-help books took over from the religious side of me. They help you to centre yourself and deal with stress, bring you back

'Being in the

spotlight gives

you a constant

uncomfortable

feeling - like

you're naked in

Waitrose!'

to basics. Personally, I need that in my life. It doesn't mean you're not still terrified – when I go on stage, I'm still scared. I've been performing for 29 years, but we're all human and we just want to be the best we can be.

I ran away from starring in musicals for a long time. It's been 21 years since I've done one, but when I saw the script for the Elvis

musical Love Me Tender, in which I'm touring the UK, it really made me want to do it. I was always nervous about acting, but because I'm playing a character like me, it's easy.



KATHY LETTE

'I am a heroine-addict. and the novel that kickstarted my addiction is Vanity Fair,' says author Kathy Lette. 'Becky Sharp was the Madonna of her day. With lashings of chutzpah, she flaunted tradition, and when wedlock proved little more than a padlock, she learnt to stand on her own two booties. I first read Thackeray's sharp social satire at the age of 16, and the mix of irreverence and sexual politics made me want to become a writer. Thackeray proves it's a myth that literature can't be pleasurable and also profound; an experience that lifts the spirits while engaging the mind. Witty and pithy have been my literary goals ever since.

-



'Atticus Finch really set the bar for anyone becoming a lawyer'

Human rights champion HELENA KENNEDY QC is a barrister, broadcaster, and Labour member of the House of Lords. It was To Kill A Mockingbird that first opened her eyes to injustice...

was 15 when I first read To Kill A Mockingbird, and I just adored it. It wasn't on my school's syllabus, but I was a really voracious reader and I had a great English teacher who suggested I read it. The major thing for me was seeing the world through the child – Scout's – eyes, rather than those of her father, Atticus Finch. It made me think about the whole unfairness of how black people were treated in America. To us, America was this amazing place where everybody lived like in the movies. And suddenly we were getting a picture of this rather different aspect of American life where some people were complete second-class citizens.

I re-read it when I was 18 or 19 and studying law. What's wonderful about the book is it presents you with the ultimate good lawyer. Atticus Finch really is the model of integrity. He is one of the great moral heroes of the late 20th century. He set a bar. It's about gender and race and equality - those powerful things that are still relevant and still need to be addressed today. Atticus took it on because he believed in justice and in the fairness of having a proper trial. As a young feminist, I was concerned about making sure women got a fair trial. But in the book you have competing horrors - the disadvantage women face in the system is outweighed by the discrimination that black men faced in the system.

It was very powerful for me. When I first read it, I'd already read Huckleberry Finn, which had flavours of the American south. But this was about justice, fairness and the ugliness of false accusation. For any of us who read that book and go into the law, we all want to be Atticus Finch. We want to remain true, to be ethical. I have always been anxious to make sure I do the best by my clients and that I don't prejudge things – that I become their voice and defend the case in a way they would if they had the legal skills.

Gregory Peck was the perfect Atticus Finch because he plays him with so much dignity and compassion. Years later, I was given an honorary degree by the University of Ireland in Dublin and he was also being honoured. It was wonderful. I was able to tell him that the book was so influential in my life. He was in his 80s by then, and it was pretty good sharing the bill with such a dignified, lovely man.



WINIFRED ROBINSON

'Flaubert's Madame **Bovary has haunted** me all my life,' says Radio 4's You and Yours presenter Winifred Robinson. 'Emma Bovary's romantic longings expose the deluded, self-serving, deeply destructive nature of a lot of what we think of as "romance". In her story, love is all about our own needs reflected in someone we convince ourselves will meet them all. I was 20 when I read it and it troubled me then as it troubles me now: it makes us ask what romantic love really is. Flaubert creates a monster in Emma, and yet she's such a sympathetic creation. It's claimed he said: "Madame Bovary, c'est moi" -**Madame Bovary is** me. At times in life, I've been Madame Bovary as well.'



'Jane Eyre is the essence of female passion'

TV presenter turned author JUDY FINNIGAN was inspired to write novels by reading Charlotte Brontë's great classic

hen I was young, I enjoyed all the popular novels like Anne Of Green Gables and Little Women, but by the time I was 12 I had discovered the Brontës, and in particular, Jane Eyre. It was the first book to grab my imagination and I go back to it every couple of years.

I really admire the way Charlotte Brontë distilled the essence of female passion in the way she created Jane. She is this feisty little orphan who hasn't got much in the way of looks and had terrible relatives who only take her in reluctantly when she's orphaned. But Jane comes out on top by sheer virtue of character. The first time I read it I was totally wrapped up in it. It was a world I didn't want to leave. And every time I re-read it, I go straight back into that world.

If someone had asked me back then, after I first read it, if I wanted to write a book, I'd have said yes immediately – I was terribly swept away by the romantic vision of creating a world with characters. I went

on to do English at university, and writing became my abiding passion.

To me, reading is a very sensual experience. I love the feel of books, especially if they're old. What I also love about everything that the Brontës wrote is the way they reflect passionate love, romantic love and erotic love, even through the landscape. Landscape is incredibly important to them. And it's something I think about too when I am writing.

My latest novel, I Do Not Sleep, is mainly set in Cornwall. It's about a woman whose son disappears in a boating accident. When I was writing it, I felt magically involved in Cornwall. The landscape there makes it feel quite normal to write about a supernatural happening, a connection with life after death. Charlotte Brontë felt that way about Yorkshire when she wrote about Jane hearing Mr Rochester's voice coming across to her from miles away. Cornwall is so ancient, you believe that anything can happen.

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CONRAN

'When I was 19. I bought a first edition of Virginia Woolf's A Room Of One's Own for a shilling in a country house sale,' says the original Superwoman, Shirley Conran. 'It remained unread as I led a **Keystone Cops life** with my first husband, Terence, while we built our business. When I moved out, prior to divorce, this was one of a couple of books I shoved into my bag. Virginia's elegant reflections on a visit to an Oxbridge college made me realise that men had all the power, property and, of course, all the money. Aged 30 in 1960, I became a feminist as I realised that yes, my husband had - and kept - everything except the children. Later, as a writer, I was also influenced by Virginia's superb style. Her book gave me clarity and the courage to stand up for myself and make my own money.'



MARIELLA **FROSTRUP**

'In my late teens, I took a vacation to Greece,' says the presenter of Radio 4's Open Book. 'It was there that a cerebral suitor, eager to instruct me in the ways of Eros, gave me a copy of the poems of CP Cavafy, translated by George Savidis. It turned my monochrome world to technicolour overnight. I can still feel my jaw dropping in astonishment at the passionate prose. the brazenness of the romantic trysts and the sun-soaked desire that leaked from every page. It was a moment of illumination lighting up a universe where sex wasn't a shameful marital duty that took place in vest and socks but something that might tempt you through an unknown doorway with the flutter of a stranger's black-lashed eyes. Blame for all my youthful romantic misadventures lies at the feet of this great master of the poetry of passion.'



'I never knew ginger beer existed until I read Enid Blyton!'

Actress PAULINE McLYNN is best known as Mrs Dovle in Father Ted. but she's also an author with a love of books that started in childhood

love a rattling good story. It comes from my childhood we were always encouraged to read. We had many classics, but I started with Enid Blyton's adventure books, which really tickled me. They transported me to different worlds, and that's what really attracted me to reading. My favourites were The Five Find-Outers, which were about kids who solved mysteries in their school holidays. The books were very of their time and would be considered very politically incorrect now - one of the boys was called Fatty because he was plumper!

Enid Blyton was the beginning of my adventures in reading. I never knew ginger beer existed until I read her books - and a delicious thing it is! I was always struck when they had a slap-up meal in the stories. You were almost eating it along with them.

As a teenager I started reading my mother's books. I remember one called Forever Amber, which was a sort of Gone With The Wind of historical writing. I just gobbled it up. It was very exciting stuff and quite racy for the time. It was exactly

what I wanted to read at that age! My mum had quite a few epic historical novels - possibly of dubious historical content. I had a torch and would sit up in bed reading until all hours.

Now I am a writer myself. I've written eight books, and several are crime capers about a female Irish private detective. They came from my love of thrillers and crime books - a good detective story can be as much about life as anything else. At the moment I am touring the UK in a production of East Is East, and visiting places I've never been before. It's all good research as I'm working on another book, which is about killings in Cumbria. The book needs a bog, so I'm doing a lot of reading and researching into bogs and bog people!

If I never read another book, I'd be happy with an Oxford English Dictionary. The dictionary has saved me and made me try harder for a better turn of phrase at points in my life. I would never use a thesaurus. That's a different thing altogether... and is cheating! Get a dictionary and have an adventure!

Alexander McCall Smith

An exclusive short story by the author of The No1. Ladies' Detective Agency

My Italian friends

A writer heads to Tuscany on strict instructions to finish his book. But after a chance encounter with a local, his quiet break takes an unexpected turn...

August,' said my publisher. 'And by August, we mean the beginning of August.'

I knew that it was a losing

battle, but one could always try.

'Not the end of August... or even the middle?'

'No. The beginning of August. Let's say the second. Or, to give you a bit more time, the third.'

I realised that there was no point in arguing. Usually one can add a week to a deadline, as publishers never really mean what they say, but this time apparently they did. So faced with this immovable insistence, I decided that the only thing to do was to get away for a couple of weeks in July and finish the manuscript. My wife agreed. 'Go somewhere quiet,' she said. 'Go by yourself. Go somewhere where you don't know anybody and can work undisturbed. Go somewhere warm…'

'Where they make good wine,' I suggested. 'Well...'

'And where there are little villages on the top of hills and village piazzas with a church and a church bell. And where there are dusty roads leading off past small farms where they still have white oxen and where the olive trees...'

So I decided on a place called Montalcino, which is in Tuscany, and where a friend had spent a few weeks recently. He said it had all of the above, and more.

'You'll love the pace of life,' he said. 'And of course they produce that fabulous wine, Brunello di Montalcino. And a secondary, but still very good, red called Rosso di Montalcino. It will be a great place to work – not that I did any myself.'

I caught a plane from Edinburgh to

Pisa. On the flight I made a new friend, an Italian businessman, who was sitting in the seat next to mine. He had been in Scotland on business, and he proved to be an informative and amusing travel companion. When I mentioned that I was going to Montalcino he immediately waxed lyrical on the charms of Brunello.

'It is our best Italian wine by far,' he said. 'The only pity is that the zone of production is so small. It's just the immediate

surroundings of Montalcino – once you go outside that, it's Rosso di Montalcino, which is good enough in its way, but it's not Brunello.'

We said goodbye to one another on the aircraft once we landed. I collected my suitcase and went off to the car rental office. And that was where things went wrong. I had definitely booked a car, but they denied all knowledge of the reservation. What was worse was that they had no spare vehicles.

'All out,' they said. 'We're very sorry.'

My friend from the plane happened to be walking past. He came to my rescue, interrogated the car rental people, shouted and gesticulated, and then drew me aside.

'It's useless,' he said. 'They have nothing. Fortunately I have a friend who rents out vehicles. He's not far away. Come with me.'

He drove me to a small industrial site not far away and introduced me to his friend. 'I'm so sorry,' said the friend. 'All our cars are out as well. However...' He



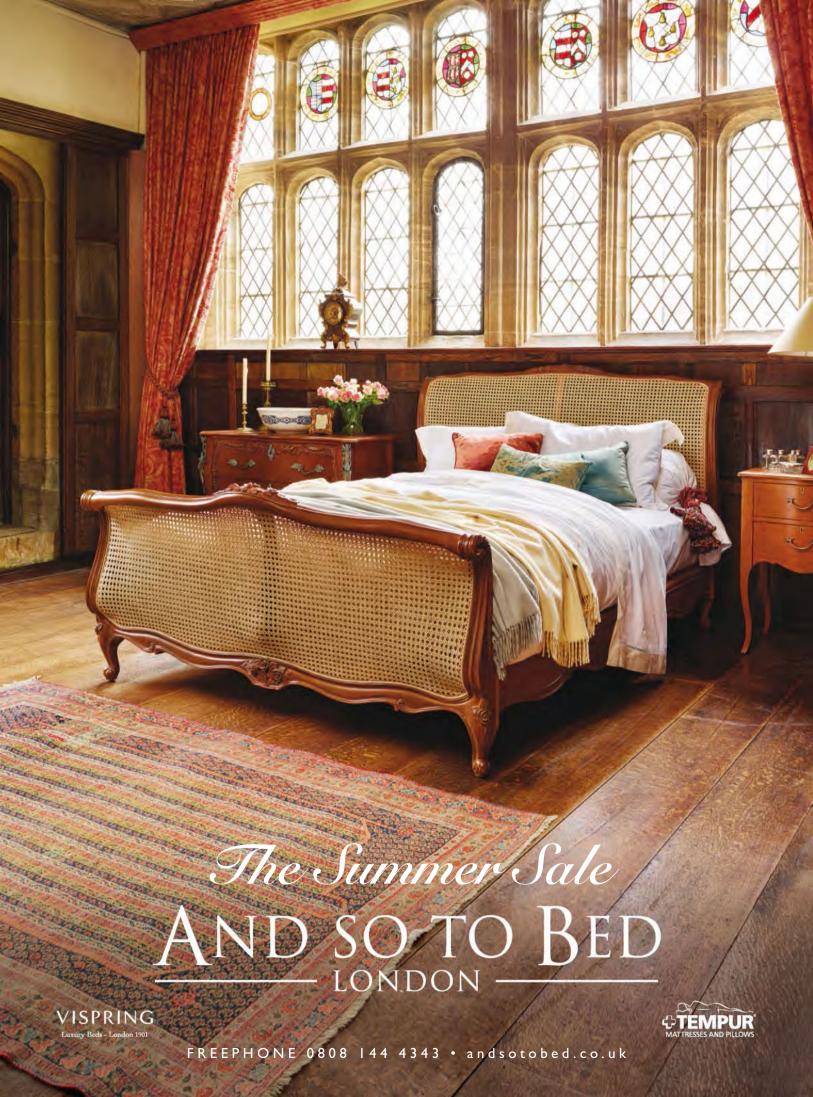
looked thoughtful. 'I also rent out industrial vehicles and I'm happy to say I have a bulldozer that's available. You could take that.'

I was astonished. 'But I don't know how to drive a bulldozer.'

'Oh, it's perfectly simple,' he said.
'There's a single gearstick. You push it
forward to go forward, and backward to
go backwards. There's another lever, which
is for the blade. You won't need that.'

Together they persuaded me that this was the best option, and so I signed the rental agreement and was given the key. I thanked my friend from the plane, who waited until I had loaded my suitcase and set off before he himself drove away.

It was slow, but I soon got used to the pace. I decided that there were advantages to driving a bulldozer in Italy – Italian drivers can be a bit intimidating, but not when you're sitting several metres above them. The slowness of the pace



means, too, that you can enjoy the views of the countryside, and of course if there are any features of the countryside that you don't like, well, there's always that other lever...

It took me quite a few hours to reach Montalcino, but eventually I arrived in front of my hotel. This was the Albergo del Giglio, the Lily Hotel, which is a small, traditional hotel on the main piazza. They received me warmly, and told me that I could leave my bulldozer in a small car park round the back. They then showed me to my room, which was perfect for my needs. From the window, looking

down, one could see the hillside falling sharply to the plains below. Down the hillside were arranged neat rows of vines, bordered by small strips of olive grove. It was a scene that an artist of the High Renaissance might have painted, and had I looked up and seen angels crossing the sky I would not have been at all surprised. It was exactly what I wanted.

I began to work almost immediately, and over the next few days I fell into an undemanding, but productive, routine. I worked solidly from breakfast until 11, when I went out to take a coffee in a small café in the piazza. I even made friends there, including the local priest, a charming, erudite man with an interest in my favourite Italian writer, Italo Calvino. I began to look forward to my daily conversation with the priest, who had been born in the village, and whose brother, he told me, was a producer of Rosso di Montalcino.

'He would love to be a Brunello producer,' he said. 'But the Lord allocates us our vineyard, and we must till it as best we can.'

My work went extremely well, and when the time came for me to travel back to Pisa, I had finished what I came to do. My friend the priest invited me for a farewell meal with his brother and his brother's wife. 'They will be delighted to receive you.' Then he asked me whether I could take him there on my bulldozer, as he did not drive. Of course I agreed.

The meal at the brother's house was utterly memorable. I have never before tasted such delicious Tuscan bean soup, and of course my host's own wine was served. I complimented him on this, and he received this with a certain sad gravity.

'I wish it were Brunello,' he said. 'I am just outside the zone of production. The boundary is marked by a long stone wall on the edge of my property.' He paused before continuing, 'Your bulldozer... You don't think that...' He left the sentence unfinished.

They had been such excellent hosts. They had been so kind. I had a bulldozer.

'Of course,' I said. 'Anything to help.'

'They had been

such excellent

hosts. They

had been so

kind. I had

a bulldozer'

We all went outside. I fired up the bulldozer, and then, instructed by the priest's brother, I took a long run at the wall. It proved to be very easy to

shift, and soon it was on the other side of his vineyard.

'At last!' my host exclaimed. 'At last I am in the zone of production of Brunello!'

'May the Lord be praised for his goodness,' said the priest.

I went back to the hotel pleased that I had been able to help. I had not been able to do everything they asked of me, though, as I had turned down – as politely as I could – a further

request to deal with a holiday home that an unpopular politician from Rome had built nearby. There were limits, I explained, to what one should do with a bulldozer – especially a rental bulldozer. They were quite understanding. 'We thought we'd just ask,' they said. 'But you have done so much for us anyway.'

They were there to see me off the next day. I waved from my bulldozer and set off back to Pisa. Once there, I returned the bulldozer to the rental office.

'All went well?' asked the manager.

'Yes. Very well, thank you.'

'Perhaps you'll come back next year,' he said.
'And even if we don't have a bulldozer for you, we do have a couple of combine harvesters.'

I thanked him, but said that perhaps it was unlikely. He smiled in the most charming manner. They are remarkable people, the Italians.

This story is absolutely true. People to whom I have told it doubt it, but how could one invent something like this? And I still hear from the priest, who sends me the occasional postcard. 'Do come back,' he wrote recently. 'My brother's first harvest of Brunello is in. Do come and try it.'



FI GLOVER

'I read William Boyd's Any Human Heart when I was 35 - I'd just had my first child and my Dad had just died,' says broadcaster Fi Glover. 'His beautiful story of the length of one man's life, and the extraordinary things that happened along the way, is a brilliant exposition of the maxim that good things happen to bad people, and vice versa. After reading it I felt wiser, stronger, more prepared. It helped me more than anything to understand that life will always deal you blows. I read it at just the right time - and for that I love it too because I would hate to feel that the best books belonged to my past. I am always excited to think that the next one I pick up might be another wonderful game changer.'



MEET THE AUTHOR

We love Alexander McCall Smith. Best known for his No1. Ladies' Detective series, Alexander has written more than 40 novels. His latest, The Revolving Door Of Life (book 10 of the 44 Scotland Street series), is published in August, and he will be appearing at the Edinburgh International Book Festival.





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So much to love X

Kate Mosse

An exclusive short story by the author of Labyrinth

Pen name

As a woman clears her childhood home, she uncovers a surprising legacy

n unexceptional afternoon in late Summer. Hot, still. A day like any other. Penny turned the key in the latch, pushed open the door and stepped back into childhood. The air shimmered, startled to be disturbed after so long. Dust particles floating in the beams of sunlight. The lingering scent of shared lives. Roses once standing in a vase, the suspended smell of old tobacco, perfume. Dunhill and L'Heure Bleue.

The contrast between the temperature in the street outside and the cool inside, left unbothered for months, made Penny shiver. Bare arms, a pebbling of goosebumps on her skin, she tried to remember if she had something in the car. A cardigan or a sweatshirt? She doubted it. The mercury hadn't fallen lower than 25 for weeks.

She stepped over the pyramid of junk mail and gaudy leaflets for pizza delivery, and into the hall. Last time she'd come, in May, she had intended to seal the letterbox. She'd forgotten – or maybe, she thought as she nudged the door shut with her heel – it was more that she had not wanted to make so clear a statement. Still, it surprised Penny that anyone could think the house inhabited. It gave off such an edge of solitude and abandonment. It was obvious no one lived here any more. Her father had died 18 months ago, her mother following weeks afterwards.

Their house was her house now.

Penny took a deep breath, telling herself the quicker she got going, the sooner it would be done. She knew how the house would make her feel, a mixture of regret and disappointment. A sense of missed opportunities. Of a story that never quite got off the ground. Penny pressed her heavy shoulder bag against her side, feeling the weight of paper inside. The typescript of her first novel. That, too, a story that

hadn't quite yet taken flight. After 15 years in insurance services, in France, she'd chucked it all in, come home to England to begin the novel she'd always promised herself she'd write. She'd given herself six months. That time was nearly up.

Penny walked down the passage to the kitchen. She opened the tiny window and unlocked the back door on to the garden. The sweet scent of verbena and honeysuckle and sweet pea slipped in, the smell of Summers past. She put the M&S carrier bag on the

kitchen table beside the shoebox.

Provisions to see her through the task ahead: milk, a bottle of Malbec, apples, brie, baguette. She considered a splash of red, a bit of Dutch courage to get her started, but instead put on the kettle. Her parents would not have approved of wine at five o'clock in the afternoon.

Penny was an only child, born late to parents who had long given up waiting for a child to come. They were loving and kind, but distant. They were always pleased to see her when she came home, but their lives revolved around one another, not her. Penny had understood that and, because she'd never known any differently, she didn't mind. No effusiveness, no excess of emotion. She did miss her parents or, perhaps, she missed the idea of them. The knowledge that they were always there, that nothing changed from year to year, decade to decade. It was why, she supposed, she'd been happy to let the house be. She'd



locked the house up, gone back to London and her attempts to write. Then a month ago, she'd received an offer she couldn't refuse. The new neighbours next door with a growing family, as the serviceable phrase went, decided that it would be easier to expand sideways than upwards.

When the letter came proposing she sell her parents' house to them, the novel was going badly and her sabbatical was nearly over. It was a good time to take a break and finish the house. Today would be the last visit, then she would hand over the keys. She'd done well in the months after their funeral. Most of the furniture had gone, the clothes and the china. She'd saved her blue mug with her name printed in white capital letters, a memento from a trip to Devon.

Now only the papers and a few photographs remained. Personal things, she felt, not intended for her eyes. Things kept private in a shoebox at the bottom of their wardrobe. She had brought the box down to the kitchen last time she was here and left it there.
She'd found herself oddly reluctant either to open i or to take it. Even now, Penny couldn't shake the idea that her mother and father would have hated her She'd found herself oddly reluctant either to open it or to take it. Even now, Penny couldn't shake the idea poking and prying through their very private lives.

For the next hour, she worked hard. She heard the church bell strike the half hour, then six, then the quarter, echoing across the recreation ground as it had in the days she'd sat upstairs in her bedroom doing homework.

At six-thirty, she returned to the kitchen. Remembering all those supper times. Her father home from work, her mother at the cooker. Occasional conversation, a smile when they caught

one another's eye, a

companionable silence. Penny hadn't minded. Excitement, inspiration, love and desire, all that was years away, but she knew it would come. Wider horizons that took her further and further away from this house, from them.

She leant back against the counter, feeling the surface of the Formica cold beneath her hands.

She was surprised to feel maudlin. Only recently had she started to regret how little she knew about her parents. The people they had been. She'd never asked about their courtship or how they'd fallen in love. What they felt when children didn't come or about her late arrival into their lives. Her lack of curiosity now embarrassed her.

Now the sun had gone, the room was chill. There was a cardigan on the back of the door she'd missed last time. It smelt of her mother. Penny poured herself a slug of red wine and assembled a sandwich. As she sat at the kitchen table and pulled the shoebox towards her she realised she was, suddenly, nervous.

It was ridiculous to be worried, as if she was suddenly about to discover something, yet she was. She took a mouthful of wine, then lifted the lid and took out the photograph on the top: her parents on their wedding day. Her father in civvies, her mother in a trim and sensible tailored suit. She continued, finding other familiar black and whites, a formal christening shot, her grinning in her graduation gown. No surprises.

There were a few impersonal letters and wartime postcards, sent from her father to her mother before they were married. It was one of the things Penny did know, that he'd served in Belgium, then

afterwards been posted to Germany, before coming out of the Forces. Penny worked her way down methodically. Reading everything, filing everything, skipping nothing. Birth certificates and marriage certificates, letters in date order.

At the bottom of the shoebox was a plain green journal. Penny thought it might be a diary, but when she opened the jotter and pressed it flat, she realised that it was something else. A story? Her mother's handwriting on the flyleaf, but not her mother's name. She pulled her mother's cardigan around her, and began to read.

The light slipped from the kitchen as the sun fell down to earth. Seven o'clock, half past. The

'At the bottom

of the shoebox

was a plain

green journal'

occasional sound from the neighbouring gardens or car in the road. Inside, only the scratch of paper between her fingers, the gentle chip of her mug lifted on and off the table.

As the church bell struck eight, Penny closed the journal. It was a novel or, rather, notes about a novel her mother had begun to write, before the world

intervened. Then, it became a record of her life. It was a love story, the story of a marriage. Quiet and gentle and true. But her mother had not forgotten her early ambitions and when, finally, her daughter had come, she had bestowed on her the pen name she'd chosen for herself. Penelope Sylvie.

Penny sat back in the chair, looking around at the little kitchen, so familiar. She wished more than anything that her mother was here now. That they had found time to talk and to discuss and to learn. She took the failing manuscript out of her bag. Tomorrow, she would rip it up and start again. Not the tired story she'd been wrestling with for months. but instead the story of a clever and bright girl who wanted to be a writer, but fell in love. A girl who wanted to write and dazzle with her stories, but found life took her down another path.

Penny looked out over the darkening garden. What started as an unexceptional afternoon in late Summer had turned out to be anything but. She had found her story. Of a daughter and a mother, though quite how it would take shape, she didn't yet know. She scribbled a few notes to remind herself of the emotion and clarity of this singular moment. All Penny knew was that the dedication, already, had written itself: To My Mother - with love.



SOPHIE **MICHELL** 'I've always read

cookbooks, even as

a child, but the most important one was my great grandmother's copy of Escoffier's Guide To Modern Cookery,' says Sophie Michell, the executive chef at Pont Street, London. 'It's a big, thick, beautiful book. Escoffier was the first celebrity chef in the 1920s, and his recipes are the basis for French classic cooking. They're absolutely insane - incredibly complicated. My great grandmother, Margaret, was a cook in aristocratic households, and would always have treats like freshly around coffee from her employers at home, even during rationing! She must have been an incredibly gifted chef to work in such a high-level environment. Michelin-starred restaurants still use Escoffier's iconic recipes today, and it's fascinating to think of Margaret cooking them in Cheshire 100 years ago.'



MEET THE AUTHOR

It was a decade ago that Kate Mosse burst on to the literary scene with Labyrinth, which has sold more than two million copies. Since then she has gone on to become one of the most respected British female authors of her generation. Kate is also a co-founder of the Women's Prize for Fiction. Her latest novel is The Taxidermist's Daughter.

PORTRAIT OF KATE: MARTIN & JESSICA REFTEL EVANS. PORTRAIT OF SOPHIE: GETTY



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ON MY BEDSIDE TABLE Marian Keyes



She's one of the most successful Irish novelists of all time, but which books has author Marian Keyes recently read and loved? Her own latest novel is The Woman Who Stole My Life, out now in paperback.

◆ I love dystopian novels like **THE BEES** by **LALINE PAULL**. Set



status. An imaginative, fascinating and gripping read.

◆ POLLY SAMSON's

writing is breathtaking, and often reads like poetry. The plot of her latest novel.

THE KINDNESS.

is constructed
with delicate
skill, and the
characters are
convincing and
sympathetic. I can't say
too much without
spoilers, but at its heart

is a powerful love story
- I couldn't put it down.

• All human life is in

- THE FLOWER ARRANGEMENT, and it is portrayed with great tenderness by **ELLA GRIFFIN**, who offers an astonishing insight into people. As the tales accumulate and details build up, it becomes clear that this collection of interweaving short stories is a little masterpiece. The writing is exquisite and I cared deeply about the characters.
- An impoverished, ambitious woman serving at the court of Elizabeth I is the heroine of WATCH THE LADY by ELIZABETH FREMANTLE. This is superior historical fiction it's full of political intrigue and passion. I forgot the world while I was devouring it.
- ◆ FRESH HELL is the final instalment in RACHEL

JOHNSON's
Notting Hell
trilogy. As well as
a delicious peep
into the world of
the extremely
wealthy, it's

truthful and touching about how life is for women of a certain age.

Good Housekeeping's HOT READS



◆ If you loved Captain Corelli's Mandolin,
Louis de Bernières'
new novel has many of the same ingredients:
engrossing characters, a sweeping storyline, and conflict that shatters everything. Set during the Great War,
The Dust That Falls
From Dreams follows a young woman who must choose between heart and head.

◆ The new novel from Lisa Jewell is much darker than her usual

fare. The Girls centres on Clare, who moves into a picturesque garden square with her daughters. Then disaster strikes and they don't know who to trust. A compelling read.

The lives of four

unconnected people in different continents come crashing together with dramatic results in Something To Hide.

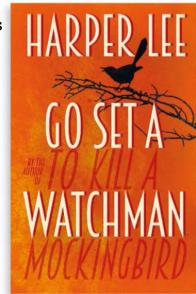
Deborah Moggach's skill lies in the warm way she exposes human foibles.

Book of the month

It's been shrouded in secrecy, but HARPER LEE's long-awaited sequel to To Kill A Mockingbird is the publishing story of the year (or is that

decade?), so GO SET A WATCHMAN had to be

our Book Of The Month.
Set 20 years on from Lee's epic tale of racism in the Deep South, it features many of the same characters, including an adult Scout Finch, who returns to Alabama to visit her father. Look out for our review on goodhousekeeping.co.uk when the book is released on 14 July.





oksheff

continued from previous page

FAMILY SAGAS WITH BIG SECRETS

◆ A real sense of menace pervades Voque editor

ALEXANDRA SHULMAN's second novel, THE PARROTS.

A glamorous brother and sister move from their native Italy to the UK and bring chaos to one family's ordered life.

◆ BLACK RABBIT HALL by EVE CHASE has all the

elements of a cracking pool-side saga: a tragic accident, an intense sibling relationship and a mysterious adoption.

◆ Her debut novel, Sister, brought huge success for ROSAMUND LUPTON. THE QUALITY OF SILENCE is just as engrossing, with the same claustrophobic feel. In a bleak Alaskan landscape, a woman tries to uncover what has happened to her missing husband.





♦ There's a host of novels out now featuring feisty female detectives - our pick is **IN BITTER CHILL** by **SARAH WARD**. Thirty years after a schoolgirl goes missing, her mother commits suicide - but what triggered her desperate act?



QUALITY

SILENCE

Best non fiction

- ◆ In 1990, **CATHY RENTZENBRINK**'s brother was hit by a car, leaving him in a coma. THE LAST ACT OF LOVE is a beautiful and brave exploration of the complex heartbreak of a long goodbye.
- ◆ Comedian **BRIDGET CHRISTIE** is a rising star, and her first book, A BOOK FOR HER, is a mix of memoir and feminism. Think Caitlin Moran, but even funnier.

Also out THIS N

- Always original, SCARLETT THOMAS returns with THE SEED COLLECTORS, another mindbending novel of family drama.
- Written by VANESSA TAIT, the great-granddaughter of the girl who inspired Alice In Wonderland,

THE LOOKING GLASS HOUSE re-imagines the origins of the classic

through the eyes of Alice's governess.

 Set in the rarefied world of Durham university, BITTER FRUITS by ALICE CLARK PLATTS is a

murder mystery that explores the impact of social media on today's generation of young people.

◆ Tudor times continue to entice, and THE TAPESTRY by NANCY BILYEAU is packed with betrayal and scandal in the court of Henry VIII.

 Enter the weird and wonderful. world of THE WATCHMAKER OF FILIGREE STREET by NATASHA PULLEY, where people can read minds and a clockwork octopus comes to life. An imaginative debut.

young girl is attacked yards from her home in an affluent neighbourhood. So begins

coming-of-age story. An extraordinary debut from M.O. WALSH.

MEMOIRS OF A DIPPER is the fictional tale of a fiercely intelligent master criminal. Then he falls in love and everything changes.

NELL LEYSHON's portrayal of this loveable roque is pitch perfect.



Good Housekeep

Look for our logo on books read and loved by a panel of GH readers. Here are four titles they chose this month:

LILLIAN ON LIFE by Alison Jean Lester 'This will resonate with many women, whatever their age."

♦ THE BOOK OF LOST AND FOUND by Lucy

Foley 'I loved the way the book moved from past to present day. A beautifully put-together novel.'

♦ THE ROCKS by Peter Nicholls 'A truly absorbing book. I lost myself in the characters and their beautiful island.'

♦ AFTERNOON TEA AT THE **SUNFLOWER** CAFÉ by Milly Johnson 'A great read about three women gaining freedom from the men who

★ Love books? Join Good Housekeeping's online reading group at facebook.com/ groups/GoodHousekeepingBookRoom for book chat, giveaways and more.





Free colour trim & ChargePAK bundle

With purchase of Evoke D2 Mio or D4 Mio digital radios with Bluetooth

With interchangeable coloured trims, matching your radio to any room in your home doesn't have to be a puzzle. And with the rechargeable battery pack you can be sure that playing your favourite music, on the radio or via Bluetooth, sounds great around your home or in the garden.

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PURE

RAPLESS BRAS * CARRY-ON LUGGACE BEST FAKE TANS * LOWER MOBILE COSTS ABROAD * DAYS OUT FOR LE



STRAPLESS BRAS * CARRY-ON LUGGAGE * PASSPORT ADVICE

E-UP * BEST FAKE TANS * LOWER MOBILE COSTS ABROAD * DAYS OUT F

How do I stop my make-up from sliding off my face in the heat?

Try a make-up setting spray. They work because they contain ingredients that form a light film over your base, lippy and blush to seal them. We Tried & Tested eight, and **Clarins Fix' Make-Up**, £23 (clarins.co.uk), came out tops, scoring a whopping 93/100. Our panel of testers found it was quick-drying and that their make-up lasted longer, without the need for touch-ups. Suitable for all skin types.

Alarmingly, 78% of burglars use social media to find empty houses. So resist the temptation to post a selfie from the airport or advertise where you are on location tracking apps. And wait until you get home to upload your snaps.





SUMMER in a

'One of life's luxuries is sipping a cocktail on a balmy Summer's eve,' says GH's Meike Beck. 'A favourite of mine has to be a **Frozen Strawberry Daiquiri**. When English strawberries are on offer, I'll buy an extra punnet to keep in the freezer for this pretty tipple.'

Whiz 400g (140z) hulled and frozen strawberries in a blender with 75-100ml (3-3½fl oz) white rum, 4tbsp caster sugar and the finely grated zest and juice of 1 lime. You are looking for a slushy yet still frozen texture.

Pour into 2 glasses and sip immediately!

ONCE BITTEN..

Things that fly and bite make a beeline for GH Health Director Julie Powell, so she's learnt the hard way what to pack in her bag: 'I always carry painkillers, plasters, insect repellent and a **Boots Bite & Sting Relief Click** It gadget, £5.69. And since finding a tick on my arm while trekking in Nepal, I also include a pair of tweezers.' It's a good idea if you take country walks in the UK, too. Lyme disease is caused by ticks, which live in long grass and wooded areas. If you find a tick, grip it near where it's attached to your skin with fine-tipped tweezers, pull it out without twisting, then clean area with an antiseptic wipe.



CREEPY

ANTS: Clear up spills quickly and refrigerate opened food. Put liquid insecticide, such as Nippon Ant Killer, on to a non-absorbent surface near the ant run. Or use an ant trap such as Antstop! Bait Station, £4.99 (Homebase). Discourage them by blocking up entrance

holes and wiping down surfaces with peppermint oil.

WASPS: Seek professional help to remove nests. Local councils offer a service but you may have to wait a while.

MOSQUITOES: Mozzies aren't keen on the scent of citronella, so light candles or incense to ward them off. Tea tree oil soothes bites, and can be used directly on skin.

RAPLESS BRAS * CARRY-ON LUGGAGE * PASSPORT ADVICE * STAY-PUT MAK



TAKE-ANYWHERE TOTE

This chic and spacious Gerry Weber tote bag saves valuable suitcase space. Use it as your in-flight holdall and then as a stylish beach bag. The mix of textures and classic colour palette make it an any-occasion winner. £69.99 (gerryweber.com).

CLEVER!

an **online storage system**

GLOSSY HAIR ON THE GO

We've finally found a travel hairdryer with va va voom! **Boots Essentials** 1600W Compact Hairdryer, £7.99, dried testers' hair faster than their full-size dryers.

PEACE OF MIND

Going on hols inside the EU? Make sure you have an EHIC card. It gives you access to state-provided healthcare at a reduced cost or sometimes for free. (You will still need travel insurance.) Did you know EHICs only last five years? Check the end date now and renew for free at ehic.org.uk.



Wash-off instant tanners give colour without the smell or the 'Tango' effect. Simply apply to legs, arms and face in the $oldsymbol{\perp}$ morning and wash off with soap and water at bedtime. We Tried & Tested 10 of them and found **St Tropez Instant Tan** in light/ medium and medium/dark, £10 (sttropeztan.co.uk), gave the best results, scoring 80/100. Runners up were M&S Autograph Instant Tan Tinted Gel, (light to medium or medium to dark), £7.50 (77/100), and The Body Shop Honey Bronze Tinted Leg Mist, £15 (77/100).

Take your tunes with you

Get into the party mood with your favourite songs, played wirelessly from your tablet or smartphone through a Bluetooth speaker. We Tried & Tested 25 portable speakers, and the Cambridge Audio G2, £99.95 (John Lewis), came up trumps. Music sounded

clear and punchy. The battery lasted 10 hours before recharging.

DON'T GET CAUGHT WITHOUT CASH

Always let your bank know you're going abroad to avoid your card being frozen as soon as you buy your first margarita.





DID YOU KNOW?

You can order duty free as you head off on holiday and pick it up on your return, after you have cleared Customs. It saves you worrying about luggage allowance and restrictions on carrying liquids on homebound flights. Find out more about Shop & Collect at worlddutyfree.com.

FORGET THE TRAVEL IRON

We've tested plenty over the years and can't recommend any! Just hang clothes in a hot bathroom to steam out creases.

A SUIT-ALL

The subtle empire line of this dress flatters every shape, while the short sleeves provide heat-friendly arm coverage - ideal for the beach or a night out.





For flight delays of a few hours - two for short, three for mid, four for long haul - you get free food and drink, plus two phone calls. You may also be entitled to compensation, see caa.co.uk. Overnight delays entitle you to accommodation and transport to and from the airport. For flights delayed more than five hours, you can choose a full refund, but you'll have to make your own alternative arrangements. Most train companies run

their own delay/repay scheme: if you arrive over an hour late you will receive compensation, generally in rail vouchers, and at least 20% of the cost of the delayed leg of the journey.

NEED A NEW HOLIDAY HOLDALL?

We're on the case... The GHI wheeled, carried and bashed about seven fully packed wheeled bags to find the best



WINNER & BARGAIN BUY SAMSONITE PARADIVER 55CM

78/100 £145; samsonite.co.uk

- ◆ 48L capacity
- ◆ Lightweight, well-balanced and comfortable to use
- ◆ Durable, with reinforced corners for extra protection
- ◆ Can also be carried as a backpack



RUNNERS UP BRIGGS AND RILEY TRANSCEND DUAL **COMPARTMENT DUFFLE**

77/100 £379; johnlewis.com

- ◆ 125L capacity
- ◆ Large but lightweight
- ◆ Two separate sections to help you find things easily
- Smooth and guiet to wheel



BARBOUR WAXED 2-WHEEL HOLDALL

74/100 £279; johnlewis.com

- ♦ 52L capacity
- ◆ Good-looking, comfortable to use and smooth on most surfaces,
- except cobbles ◆ Waxed coating makes it durable, but heavier than other bags its size



SS BRAS * CARRY-ON LUGGAGE * PASSPORT ADVICE * STAY-PUT MAKE-UP



SUNGLASSES SENSE

Make sure you choose the right category (you'll find it on the label, and it shows how much visible light the lenses filter out): 2 and 3 are suitable for everyday wear, while category 4 is ideal for specialist sports, but should never be worn for driving, says the Association of Optometrists. As well as making your vision more comfortable in the sun, sunglasses protect your eyes from UV light.

DID YOU KNOW?

You need to have six months' validity on your passport to travel to some destinations, including Turkey, Brazil, Jamaica and Malayasia.

Benefit Do The Hoola *Kit*, £28.50. It has mini one small box.' GH's Gillian Davies

Don't forget to rub **a spot of sunscreen** on your parting, décolletage, the top of your ears and the back of your neck - these areas often get overlooked.

FOUND: A STRAPLESS BRATHAT SAYS PUT!

Don't spoil that fab Summer dress by showing your bra straps. GHI testers Tried & Tested 13 strapless bras to find the most supportive.

JOINT WINNERS WONDERBRA



ULTIMATE STRAPLESS BRA

91/100 £34; sizes 30-38 A-G debenhams.com

- ◆ Offered snug, comfortable support, with silicone strips for extra hold
- ◆ Provided a good lift

FREYA DECO STRAPLESS LONGLINE BRA



91/100 £40; sizes 28-38 B-GG figleaves.com

- ◆ Uplifting and gave a smooth
- ◆ Supportive wide band under cups

DAYS OUT FOR LESS

- It's not only young people and senior citizens who can benefit from discounted train travel: the Family & Friends and Two Together railcards (£30 each for a year) could save you a third off travel
- National Rail is offering 2-for-1 deals to major attractions across the country, when you buy a train ticket. Visit daysoutguide.co.uk.
- Theme park crazy? The **Merlin Annual**

Pass isn't cheap (from £129 per person) but if you plan on visiting lots of the UK's top attractions with the family, you'll save money in the long run. Access to some of the most popular London sites,

such as the London Eye and Madame Tussauds. is restricted during August, so if you want completely unlimited access opt for the premium pass (from £169 per person). Go to merlinannualpass.co.uk. ■ Use Tesco Clubcard

or Nectar points to get free entry to exhibitions, theme parks and gardens and Clubcard points are worth up to four times the voucher value and **Nectar points** are doubled at some venues. including Thorpe Park and Legoland.

GHI TIP Book ahead. Save £20 by booking more than five days ahead at Chessington: a one-day pass costs £27 in advance (limited availability) or £47 on the day.



PHOTOGRAPHY (POSED BY MODELS): GETTY, CAMERA PRESS, STEFAN EISEND/JUMPFOTO

HOW TO FIND THE CHEAPEST AIRPORT PARKING

- ♦ IT'S ALWAYS WORTH BOOKING – you'll make savings by booking even one day in advance.
- **AIRPORT CAR PARKS ARE** MORE EXPENSIVE than off-site park-and-ride options. Don't forget you'll have to factor in transfer times.
- USE COMPARISON WEBSITES such as parking4less.com,

airport-parking-shop.co.uk and airportparking.co.uk to find the best deal.

DITCH THE CAR PARK AND CONSIDER A CAB instead. Fixed rates from your local taxi company may be the same price or even cheaper than paying for a car park space – plus you won't have to drive at the end of your

flight home. Call a few local companies and book your pick-up in advance.

RENT A CAR PARK SPACE OR PRIVATE GARAGE near the airport - rates are much cheaper than those in private car parks. We found spaces for as little as £4 a day on justpark.com - also try yourparkingspace.co.uk.



SOS FOR TOPS

If you're about to chuck out a favourite T-shirt because it's got nasty yellow deodorant marks in the armpits stop! Try Deo-go, £3.50 for 85ml (deo-go. com). Simply spray the product on to the marks, gently rub in, leave for 30 minutes, then wash normally.

IF IT ALL GOES WRONG...

GH Travel Editor David Wickers, who goes on 20 trips a year on average, knows exactly how to get the holiday he was promised

'First, give the tour company the opportunity to deal with your complaint on the spot and hopefully rectify it, rather than waiting until you return home. Do keep track of any out-of-pocket expenses you may incur.

If you're still unhappy, put your complaint in writing to the tour operator as soon as you get home. If your tour operator is a member of ABTA, use its complaints system. It also offers arbitration if the situation can't be

resolved. Holidays involving a flight with hotels or car hire are covered by ATOL, so any claims should be directed to it.

You should always take out proper insurance when you book your holiday (in order to cover any subsequent cancellation).'



I NEVER TRAVEL WITHOUT...

'Embarrassingly, it's a travel kettle and herbal tea bags. I can't abide having to call room service when all I want is a cuppa.' Lindsay Nicholson, Editorial Director

'For me it's an all-in-one moisturiser, sunscreen and skin tint. I like Garnier's BB creams and bareMinerals Complexion Rescue Tinted Hydrating Gel Cream.' Eve Cameron, Beauty Director



PASSPORT PRONTO!

The Fast-Track service costs £103 - compared with the usual £72.50 - and delivers within a week. The premium service takes four hours, but is £128 and you need to collect in person. Call the advice line on 0300 222000.

* CARRY-ON LUGGAGE * PASSPORT ADVICE * TAY-PUT MAKE-UP * BEST FA

HOW I GOT BACK MY

Throw away that one-piece... It's time to reclaim the beach! Writer Allison Pearson explains why she's determined to have a brown tummy this year

re you bikini ready? That dread phrase has crept into the language like a stealth bomb, terrifying all women except, perhaps, Liz Hurley, who has her own bikini range and is the only known human to regard the safety pin as an item of clothing.

To be honest, I haven't been bikini ready since 1999, when I had my second baby by C-section and was left with a hideous stomach shelf that flubbed over my pants. Add to that a pair of large breasts that had never been fully restrained by two small triangles of cloth anyway, and I decided it was definitely a kindness to the world for me to bid farewell to the bikini.

Over the next decade, I experimented with tummy-control swimsuits. In some, it was possible to breathe - or, if I was lucky, eat lunch. Finally, last year, I thought I'd cracked it. I bought a vintage-looking white swimsuit by Norma Kamali. It was heaven - a miracle of engineering with soft ruching across the midriff and a halterneck that hoiked my boobs back to where they were in 1986. I felt like Esther Williams. I was a glamorous, Fifties hourglass siren instead of a beluga whale.

Then, on a beach in Turkey, I had a revelation. While all the uptight, middle-class Brits were wearing swimsuits in tasteful shades, the other nationalities were in vibrant bikinis letting it all hang out. Literally. You've never seen tummies or boobs like them exuberant landslides of female flesh, acres of cellulite, cleavage like two seals coming out of a conjurer's hat. Some of the women were twice my size, but they didn't feel they had to hide under hot, scratchy fabric just because they weren't a size 10 any more. They were tanned all over and clearly didn't give a damn what anyone thought.

Back at the hotel, I took a look at my naked self in the mirror. My face, arms, legs, and back were a lovely biscuity colour, unlike my poor tummy, which was ghostly white. I looked like a choc ice. Such was my self-consciousness that going to the beach had become an ordeal instead of the liberating pleasure it should be.

You don't have to look far to work out why so many women feel like that. In the Spring, a poster campaign for weight-loss products showed an implausibly teenywaisted girl in a yellow bikini with the headline Are You Beach Body Ready? It caused widespread anger and was banned by the Advertising Standards Authority due to concerns about its health claims. As a 50-something woman looking at that advert, I didn't want to lose weight. I wanted to shoot myself or buy a burka.

Even famous beauties can be hit by body consciousness. 'It's really intimidating to go to the beach in a bikini,' says Helena Christensen. If a Danish supermodel feels like that, what hope is there for those of us who are still carrying baby weight even though the baby is now at university?

Personally, I think we should heed the counsel of another model, Cindy Crawford, who says: 'I have cellulite. But sometimes I just say screw it, I am going to wear a bikini.' My thoughts exactly.

So, this Summer, I shall be channelling Dame Helen Mirren, who caused a sensation when she wore a fabulous scarlet bikini at the age of 63. The key for the older woman, I reckon, is support. We need a curvaceous, Hollywood two-piece of the kind worn by Elizabeth Taylor and Marilyn Monroe, who relied on Catalina, the swimwear couturier. My dream mid-life bikini will have a bra with better suspension than the Forth Bridge and pants that make my stomach so flat I can balance a Mojito on it. I may well need a couple of those to give me courage.

Will I be bikini ready? Not a chance. But I am definitely ready to have fun in the sun. Bottoms up and tummies in!

So, what's out there?

My last bikini is older than my marriage and is now a washed out and shapeless thing (the bikini),' say GH's Jackie Brown. 'So inspired by Allison Pearson, I braved the horror of unflattering changing rooms to find a new one. There's a much wider choice now than the last time I looked, and – good news – you can buy tops and bottoms separately. The right fit and style are as important for a bikini as they are for jeans. The wrong one can make you look and feel rubbish – the right one can boost your confidence, even when you're not a 20-something twiglet. Here are my top five...'



Jessica top, £75, and bottom, £75, both 6-16, Melissa Odabash (net-a-porter.com)



Top, £81, 10-16, and bottom, £67, £8-16, Jets by Jessika Allen (Selfridges)



Top, £32, C-J cup, and bottom, £16, XS-XL Freya (freyalingerie.com)



Top, £43.40, and bottom, £27.30, both 8-16, Seafolly at John Lewis



Bossa Spot top, £28, B-F cup, and bottom, £18, 8-18, John Lewis





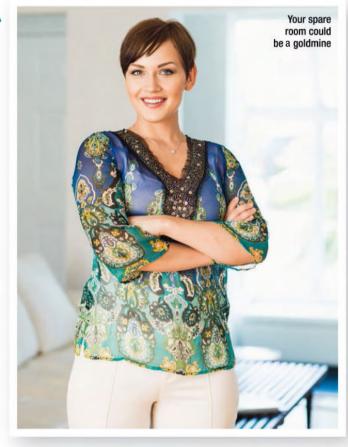
NOW AVAILABLE IN MAJOR GROCERS



Make MONEY from your HOME

WLTHOUT MOVING!

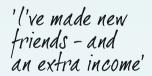
Got a spare room, a big garden or even some unused cupboard space? You could be sitting on £10,000 worth of extra income. GH discovers ways to maximise your biggest asset...



BE A HOME HOTELIER

Trend alert: renting out your spare room - or your whole home while you're away - is becoming quite a thing. Last year, Airbnb hosts earned an average of £2,822! Look also at wimdu.co.uk and

housetrip.com.
Expect to pay a small percentage of the booking fee towards admin costs: Airbnb, for example, takes a 5% cut.



Meeting new people is as much of an incentive as the extra money she makes from renting her room, says Sue Robson, 51

> 'My husband Bob and I used to run a pub, but now I'm a part-time teacher and we rent out a room in our Oxfordshire home through Airbnb to make some

extra income. A few years ago we bought a self-contained shepherd's hut, which sits in our garden, and we now rent that out, too. We charge from £75 a night per person - we think we'll make around £8,500 from the hut this year and £6,500 from the room. It takes a while to get used to strangers being in your home and you do slightly lose your privacy. But guests tend to be very respectful and I enjoy meeting so many people - I've built some real friendships. In fact, we're off to America soon to visit a couple who stayed with us.'

From lounge to boardroom

Don't fancy people staying the night? Airbnb says companies looking for space for office away-days use its website for alternatives to drab conference facilities. List your property and mention that it's only available for day rentals. Bear in mind that open-plan homes or properties with interesting features are most popular. If you live in London, visit vrumi.com. which rents out rooms to workers looking for office space for around £40 a day.



Room to spare?

Taking in a lodger is back in fashion. Thanks to the Government's Rent A Room scheme, you can let out your spare room for up to £4,250 a year without having to pay any income tax on your earnings. Advertise on websites such as justrentaroom.co.uk and spareroom.co.uk, or mondaytofriday.com for part-time lets. You can contact Experian for a background check on potential tenants for £15.

Turn your green space into a goldmine

If you have a big enough garden, consider renting it out to campers. It won't make you a million (only around £5 a night per tent) but it's a low-fuss way to earn. Register for free with campinmygarden.com.

If your cupboards are bare...

There could be someone out there willing to rent one of them! Storemates.co.uk aims to find you a 'tenant' who could pay around £5 a week to stash their stuff. The UK's self-storage industry is the biggest in Europe and hiring cupboard space in private homes (as well as garages and lofts) is the latest twist. Storemates will add 15% to your advertised price to cover admin and insurance.

RENT OUT YOUR

DRIVEWAY

Parking space is much in demand, especially if you live in a city centre or near an airport. Register with justpark.co.uk or parkonmydrive.com and vou could earn an easy £30 a week on average. It's free to list on justpark.com, but it adds a service fee of about 25% to your rental price, which the driver pays. Parkonmydrive charges a £15 annual fee, but neither owners nor renters pay any extra commission.

'l've earned over £1,000 for an empty space!'

With no car to park at her Edinburgh flat, Tanya Lubicznawrocka, 30, rented out the space.

'It was really simple to set up: I just uploaded some information and pictures to Justpark, then decided how much to charge. I now make around £1,000 a year for doing very little.'

Match day money maker

If you live near a sporting or festival venue, you could score big by letting out a room or parking space to fans - or even participants. The Edinburgh and V festivals, and events like Wimbledon and the Rugby World Cup, are great money spinners. Try edinburgh festivalrentals.com and wimbledontennislettings.co.uk.

Home from (holiday) home

Swap homes for a week or two on a holiday exchange like homeexchange.com or lovehomeswap.com and you could be enjoying a very cheap holiday anywhere from the Dordogne to New York.

Host foreign students

There are always students (young and old) wanting to come to the UK to learn English. Host families provide affordable accommodation, as well as native speakers to practise on. You'll earn around £120 a week for bed and breakfast (£140-£160 in London). Summer is especially popular, but courses run throughout the year. Contact local colleges to find out about courses in your area, or go to englishuk.com, ialc.org, kaplaninternational. com or homestay.com.

MAKE YOUR PLACE FAMOUS

You don't have to live in Highclere Castle (aka Downton Abbey) to rent out your home as a location there's a big demand for ordinary homes, too. As long as you're happy to have people take over your pad, you could earn between £300 and £800 a day for a photographic shoot. Rates for filming are even more lucrative: up to £2,000 a day for a TV commercial. Register for free with a location agency like goodspaces.co.uk, 1st-option. com, jjlocations.com, lightlocations.com or filmoffice.co.uk. They'll take a percentage of your fee as commission and organise any contracts and public liability insurance.

'When you can make £800 a day, it's a no-brainer'

Lisa Freeland, 46, regularly hires out her Bristol home.

'Coming across a picture of your living room in a magazine is a rather strange experience. But when you can make up to £800 a day from hiring it out for a photo-shoot, it's a no-brainer! We live in a Georgian house with big rooms, high ceilings, lots of light and plenty of parking, which makes it popular. Friends say they can't imagine having all these people around their house, but I've never had any problems. I have to be there in the morning to let in the crew and show them where everything is. By the time I get home in the evening, they're gone.'

SAFE AS HOUSES

- * Many of these rental sites work on a review system so it's a good idea to always read what others have said about your potential hirer before you agree anything.
- * Contact your home and contents insurers to check policies are still valid. Insurance
- premiums are calculated according to how the property is used: if a family home is now doubling up as a film set, for example, insurers could argue extra cover is needed or that restrictions to your existing policy are required.
- are required.

 * Where necessary,

- check your home insurance includes public liability cover.
- * Inform your mortgage lender to make sure you don't breach the terms of your mortgage agreement.
- * Not the homeowner?
 Ask permission
 from your landlord
- first before listing your property on a rental site.
- * If you already receive an income over the £10,000 tax-free threshold, you have to pay income tax on any extra money you make except if it's through the Rent A Room scheme.

"I have used it for over 50 years

and it is still the only moisturiser which feels comfortable on my skin for day and night use, is absorbed quickly and



without greasiness and always leaves my skin feeling soft and smooth."

Hazel, 70, loves walking her rescue dogs

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A BEAUTIFUL USE OF SPACE

Ask our compact cameras #Hidden car hire costs #Salad spinners on test #Smart Watch reviews

- *****Smartphones vs
- *****Salad spinners on test



Hiring a holiday car? READ THIS!

Surprise charges in hire contracts and new changes to UK driving licences mean there are things you need to know if you're hiring a car on holiday

Hidden fees can add around £150 to your carhire quote. Here are six ways to avoid them:

Steer clear of full to empty person where the company charges you for a full Steer clear of 'full to empty' petrol policies, tank, often at a more expensive rate than at local pumps. Instead, look for a 'return as you found it' policy.

GHI TIP Travelsupermarket.com and moneymaxim.co.uk allow users to filter searches according to fuel payment preferences. Moneymaxim's 'Fairer Fuel' search facility only shows deals where you pay for fuel at local petrol pump prices.

- On't be bullied into buying excess uaiver insurance (so you won't have to pay if you have a prang) direct from the car hire company. Standalone policies are much cheaper - from as little as £2 a day. Go to travelsupermarket.com, insuranceforcarhire. com or moneymaxim.com to compare.
- Don't buy collision damage waiver

 GHI TIP Hirers are often required to leave
 a holding deposit (approximately £300-£500)

included in insurance policies - if not, CDW can be bought more cheaply from specialists such as icarhireinsurance.com. Sort out insurance before you travel and

take copies of paperwork with you.

Bring child car seats and sat navs -Bring child car seato and renting them from the car hire company could cost around £50-70 each a week.

Check there is no charge for extra drivers, drivers under a certain age, peak season use or returning the car early or late.

Review your bank statement to make sure you've not paid extra charges or fees after returning your car and that unused fuel or deposits have been reimbursed. If you spot something, complain immediately. on their credit card - you need to have sufficient credit limit to cover this.



Now that paper driving licences have been consigned to history, licence details are being kept electronically. Renters will need a passcode from the DVLA website to present at the car hire desk so details can be checked. The passcode is only valid for 72 hours and there have also been concerns about some overseas car hire companies being unaware of the UK change. We'd advise you to contact yours before you leave home.



SALAD GIZMOS TRIED & TESTED

Whiz up Summer supper in a flash with the GHI's pick of mini choppers and salad spinners



SALAD SPINNER WINNER

Large John Lewis Salad Spinner £30 | johnlewis.com 26cm diameter

- 1 Simple, effective design 2 Add dressing through a hole in the top
- 3 Lid locks into place
- 4 Required some effort

88/100

MINI CHOPPERS BUDGET WINNER

Tefal Minipro Mini Chopper £29.99 | argos.co.uk; 500W; two speeds; 500ml capacity

- 1 Chopped herbs, nuts, and veg, blended dressings
- 2 Powerful, and needed a good grip to control

94/100



RUNNER UP

Cuisinart Mini Processor £59.99 | lakeland.co.uk; 250W; two speeds; 700ml capacity

- 1 Chopped, minced, diced and blended
- 2 Large bowl for its size
- 3 Very noisy

88/100



Be relaxed. Be cosy. Be comfortable.





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In today's fast paced world the value of a great night's sleep is more important than ever. But how do you find the bed that's right for you? Our unique Comfort Station $^{\text{\tiny{M}}}$ Adaptive system is designed to help you do just that.

First it adjusts to different firmness levels to find the one that's just right for you, then our exclusive BodiTrak™ technology uses a unique pressure sensing surface to identify how your body is affected by the way you sleep and will show you where you need support.

With your personal profile we can then help you choose the perfect mattress type that will provide the support you need for a better night's sleep.

Visit our Comfort Station™ Adaptive in store or book an appointment online at bensonsforbeds.co.uk.



smartphones are less obvious. GH's Nathalie Bonney took a Sony Cybershot DSC-RMX100M2 compact camera alongside her trusty Samsung Galaxy \$5 smartphone on holiday to Copenhagen to see which offered the better result.

PHOTO OUALITY

Both camera and smartphone produced clear, bright photos, but the compact had the edge. While both captured Nyhavn harbour in the sunshine in all its glory, the compact took better shots in the Danish drizzle.

WINNER: Compact camera

PORTABILITY

My instinct is to reach for my smartphone: it's lightweight (145g versus the compact's 300g) and slimline (0.8cm instead of 3.8cm). WINNER: Smartphone

CONNECTIVITY

One major drawback of cameras is the difficulty in sharing and uploading images. The Sony does have Wi-Fi access - but it's

not easy to set up and you need a smartphone to do it! This is where the \$5 excels: at the press of a button I can share my snaps on social media or email friends via my phone's 4G. My photos are also backed up to cloud storage services Dropbox and Google Picasa, so I can access them from my laptop and tablet, too. WINNER: Smartphone

BATTERY LIFE

I plug in my phone to charge it every day: I just wouldn't expect it to last longer. In contrast, I charge up the camera at the start of my holiday and it lasts the whole three days. WINNER: Compact camera

7.00M

Smartphone zooms have come on in leaps, but still rely on digital zooming - which just enlarges the image on the camera (rather than magnifying as an optical zoom does) and can give blurry results. With the compact's optical zoom, I'm able to capture the faint smile on the face of The Little Mermaid statue in Copenhagen harbour.

WINNER: Compact camera

COST

The Sony camera starts at £489, whereas my smartphone cost from £379 upfront. WINNER: Smartphone

WHAT'S THE VERDICT?

For photo quality, battery life and zoom, you can't beat a compact. For special settings, night-time and action shots, it's definitely superior and gives you more creative control. But my Galaxy S5 is just so easy to use and carry around - and automatic cloud storage means I don't have to upload photos once I'm home. For a short city break, a smartphone with a decent camera is more than adequate.

RETRO SNAPS

SNAPS WITH A VINTAGE TOUCH

Miss the good old days? The Lomography La Sardina analogue

camera, from £55, which takes 35mm film (yes, it's still available), harks back to another age. It's stylish and lightweight and, while it may not produce the sharpest pictures, its 22mm wide-angle lens

takes great city shots. And there's something magical about looking through the pinhole viewfinder and winding on the film manually.

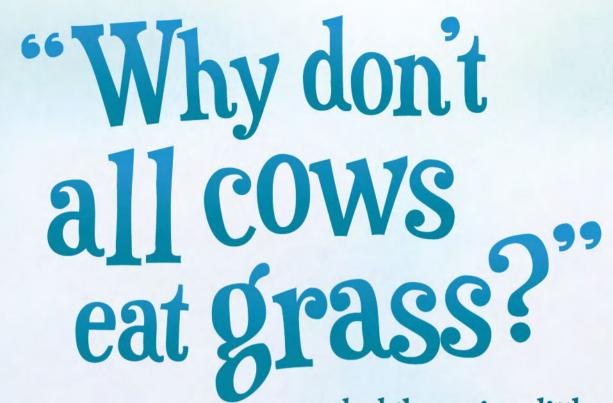


MAKE MEMORIES LAST

Don't leave holiday photos languishing on your phone or camera. Photo printing services like Foto.com will deliver your pictures to you by mail for as little as 5p an image. Simply upload your images to its website, order the size and quantity you want, and they'll be delivered straight to your door.

Or why not turn them into postcards? We rate the

MyPostcard app (free on Android): choose from a single image or collage-style card, then add a message and address. There's even an easy function to send your contacts an email or message asking for their postal address. One card costs £1.45 including postage. We also like Touchnote (free on Android and Apple devices), which charges £1.99 per postcard.







Kerrygold works with small co-operative farms where cows are free to graze on lush green grass, giving Kerrygold butter its deliciously unique taste.



My

year and costing me a fortune. My

stocks unbranded

local chemist

antihistamine

tablets, but are

hayfever

is bad this

Plagued by pollen?

Shop around for the right antihistamine



THE WORLD'S CLEVEREST WATCHES!

There's a new breed of wearable tech on the scene... the Smart Watch.

Not only can it take on the role of an activity tracker, it can also sync with your smartphone to allow you to see who's called, messaged or emailed



OVERALL WINNER

Apple Watch Sport £299 (iPhone 5 and above)

- 1 Lets you make and receive calls, check email and messages, access apps, play music, view your calendar and track activity
 - **2** 1.4in touchscreen and a built-in heart rate monitor
- 3 Not waterproof and you can't 'dial' numbers – you have to rely on your contacts list
- 4 Opens apps by voice control **Stockist:** apple.com/uk

85/100



BEST ANDROID

LG G Watch R £199 (Android 4.3 and above)

- 1 Alerts you to missed calls, text and emails; access apps, play music, view your calendar and track activity
- 2 Opens apps by voice control 3 Waterproof, with a built-in
- heart rate monitor

 4 You can't take calls and it
 doesn't track distance

 5 Bulky design

Stockist: johnlewis.com

83/100

HOW WE TESTED

We looked at the battery life (we were expecting a full day's use); how long it takes to charge (ideally two hours or less); the call clarity, if applicable; the accuracy of the activity trackers; and how efficient the voice assistant is.

they as effective? In terms of basic treatment. you can expect the same results with generic antihistamines, says Maureen Jenkins of Allergy UK. 'Cheaper antihistamines or generic brands have to comply with the same quality standards the branded versions do,' she explains. Often the only difference is the packaging - although branded versions sometimes come in

• Cetirizine is the generic name for Zirtek

easy-to-swallow formulations or are flavoured. To save money, ask your pharmacist for these generic versions of well-known brands:

- Loratadine is the generic name for Clarityn
- Acrivastine is the generic name for Benadryl
 GHI TIP Speak to your GP
 a prescription may work out cheaper in the long run
- a prescription may work out cheaper in the long run than over-the-counter solutions. □
- * Find 1,000s of product reviews at goodhousekeeping.co.uk/ institute

RUNNERS UP



Sony SmartWatch 3 SWR50 £189.99 (Android 4.3 and above)

- 1 Quick-glance notifications of calls, messages and emails
- 2 Access apps and view your calendar, but can't take calls
- **3** Waterproof, with Bluetooth for music on the go
- 4 Activity tracker only tracks steps, not distance or calories, and no heart rate monitor Stockist: sony.co.uk

79/100



Asus ZenWatch WI500Q £199.99 (Android 4.3 and above)

- 1 Straightforward, with great choice of extra functions, such as locating your phone
- 2 View messages and notifications, track activity and use voice to reply to messages
- 3 Disappointing six hours of battery life with heavy use
- 4 Big 1.6in face may be awkward **Stockist:** currys.co.uk

74/100



Motorola Moto 360 £199.99 (Android 4.3 and above)

- **1** Easy to use; recharges in under two hours
- **2** Get notifications of calls, messages and emails, access apps, play music, view your calendar and track activity
- **3** Waterproof; automatically adjusts brightness to light levels
- 4 Battery only lasted 8 hours Stockist: motorola.co.uk

74/100

WOMEN do every day

We're all looking for the ultimate wellbeing secret, but some women seem to have found it! So what are they doing that the rest of us aren't? We asked experts and women in the public eye to share their tips - start taking notes, ladies

Pedal off the pounds

'CYCLING HAS MADE A BIG IMPACT on my life. In 2004 I was two stone heavier and sinking into middle age. My husband had left and gone to live in Australia, and I needed something I could do with my two children. So on Saturday afternoons I would drag them out for a ride with our local cycling club.

The first six weeks were awful - my body just didn't believe what was happening to it. In those days, 10 miles was a big deal. But if I hadn't taken it up, I dread to think what state I'd be in now – I'd probably

be sluggish and three stone overweight. It's a vicious circle, because when you become unfit and a little overweight then you do less and become more unfit. You have to break that cycle somehow.

I am now 50, and hopefully people don't think I look my age. Cycling definitely takes years off you because you are leaner and fitter.

I cycle 15 miles into work most days. I love my job, but it is vital to ensure you make time for personal space, and cycling gives me that. Your mind is empty of everything apart from the physical endurance. It is a saviour for people with stressful lives.'

Professor Gina Brown, expert in gastro-intestinal cancer imaging at London's Royal Marsden Hospital

Fact file

After smoking, obesity is the most avoidable cause of cancer, reports a Cancer Research study released earlier this year.

Obese women have a 30% higher risk of developing post-menopausal breast cancer than those who are a healthy weight.





'I LEARNT THE VALUE OF SLEEP four

years ago, the hard way. I'd been touring colleges with my daughter, and each night I stayed up late to catch up with work on my BlackBerry. But the day after we got back, I found myself lying on the floor in a pool of blood. I had passed out and banged my head on the way down. I had a broken cheekbone and needed five stitches.

The truth is, lack of sleep has become some sort of virility symbol. I once had dinner with a man who bragged to me that he'd only had four hours' sleep the previous night. I resisted the temptation to tell him that dinner might have been a lot more interesting if he'd had five.

I've become a sleep evangelist, because there's practically no aspect of life that's not improved by sleep – and, accordingly, diminished by a lack of it. Researchers at the University of California found that couples who regularly get a full night's sleep are more likely to have positive, successful relationships. A skincare company reported that women who get a poor night's sleep on a Monday (a fifth of women, according to the study) reach a low point by Wednesday, when they will look their oldest, have their lowest energy levels and feel most stressed. Lack of sleep is affecting everything from relationships to productivity.'

Arianna Huffington, co-founder and editor-in-chief of The Huffington Post

Fact file

A report released by Harvard Medical School this year says that the blue glow of tablets can lead to an increased risk of various cancers, including colorectal and breast cancers - and is associated with obesity and diabetes.

The same study revealed that 90% of adults and 75% of children have at least one electronic device in their bedroom.

Salute the sun

TDISCOVERED YOGA 40 years ago, and thought it would be a good way to get back in shape after my two pregnancies. I took a class, and the teacher was in her early 60s but looked like an 18-year-old. She was so flexible and full of energy that I wanted to do whatever she was doing, so I became a qualified teacher. I have 74 classes now and every morning I do the yoga Salute To The Sun. It is a total workout in a

very short time; it loosens you up, gives you a flexible back, and gets rid of any tension in your lower back when you first get out of bed. Anyone can do it – you can sign up for a class, learn about it in a book or watch a DVD or online film. It's a very good sequence that keeps you really flexible.

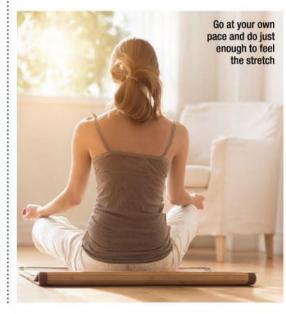
Yoga should be prescribed on the NHS. And it's never too late to start learning – I have one lady in my class who is in her 90s. The secret is to go at your own pace and just do enough to feel the stretch. It's all about listening to your body. These days people spend so much time craning over computers and phones that they put a lot of pressure on their shoulders and neck, leading to headaches and backache. Yoga can really help relieve that tension.'

Fact file

Last year,
a study by
American and
Dutch scientists
found that yoga
can be as effective
at combating
heart disease as
traditional aerobic
exercise.

According to NHS Choices, yoga can also benefit people with high blood pressure, depression, stress, lower back pain and osteoarthritis.

Barbara Currie, one of the UK's leading yoga experts for the past 40 years





Swing a kettle bell

'I ALWAYS KEEP A KETTLE BELL in the kitchen so that I can swing it around a bit if I am waiting for something to cook. It helps to tone my arms. I also aim to do something active every day, even if it's just a short power walk or running around chasing my daughter on her bike.

I was diagnosed with cancer not long after

Fact file

The American Council on Exercise found that kettle bell exercises burn as many calories as running a mile in six minutes.

Just 20 minutes of swinging can burn up to 300cals, according to fitness guru Jamie Lloyd. Plus, you could burn another 300cals afterwards as your body works to repair muscle fibres.

I founded the first MoonWalk. I had always been into a holistic lifestyle, but it is very different following it for pleasure and doing it when you are faced with a life-threatening disease.

I try to have fresh carrot juice every day, usually with parsley and celery. And I never eat processed food - I read all the packets when I go shopping, as I need to know that I am eating only clean food. Quite often you find that sugar, salt and preservatives have been added to the simplest of foods.'

Nina Barough, founder of the breast cancer fundraising charity WalktheWalk

Always plan lunch

'I LIKE TO KEEP **TEMPTATION** at bay and avoid grabbing high fat or high sugar snacks by always having the same lunch available. I keep a supply of tins of moutabal, the Middle Eastern dip made with aubergine and tahini, in my consulting room. I spoon this on to rice cakes and eat it while I'm working.

I also take a vitamin D capsule every day. I'm very fair skinned, and was warned as a medical student that I was at high risk of melanoma because I'd been sunburnt frequently in early childhood. Consequently, I avoid the sun and need to take supplements.

I try to stay within a 3kg 'window', so I weigh myself every day. If I'm above it, I cut back and watch what I eat for a couple of days.'

Dr Sarah Jarvis, GP and Good Housekeeping medical expert

Fact file

Vitamin D could be just as powerful as the most modern anti-cancer drugs, according to Dr JoEllen Welsh of the State University of New York. Her research shows that 70% of women with breast cancer are vitamin D deficient, and the risk drops by almost a third when levels reach 40mg/ml.

Meditate regularly

'I HAD BEEN TEACHING for six years in a boys' school in London, and each year things had got a little bit more stressful and a little bit harder. The turning point for me came when I

was rushing to work one day and I suffered a panic attack on the Tube. I had to get off the train and, as I sat on the steps in the station and watched everyone rushing past me, I thought: 'Why am I living like this?'

I decided there and then to hand in my notice. Making that decision gave me a sense of freedom. You kind of live on overdrive for so long that you don't even recognise it. Since then my life has changed completely - I now coach career women, and one of the tools I use is meditation. I have a non-negotiable morning routine of 20 minutes of meditation, 20 minutes of

yoga and 20 minutes of reading something inspiring or uplifting.

But if you have less time, even just 10 minutes following a guided meditation from YouTube or a meditation app will help - don't worry about getting it right, just worry about doing it.

If I ever get completely stressed out, I sit down and start breathing very rhythmically. Yogic philosophy says that your mind can only be as calm as your breathing is deep. And when your breathing is very shallow you can guarantee that your mind is running, running, running. I breathe in to a count of four, then out through my nose for a count of four, making the out-breath longer each time. This has a direct effect on the nervous system, calming it down along with your heart rate.

My other tip is kundalini yoga, which is very focused on the breath and stretching exercises - it's particularly good for flexibility as you age.'

Grace Kelly, meditation and stress-busting expert

Fact file

Meditation can reduce the risk of heart attack by 11%, and stroke by up to 15%, according to the American **Heart Association.**

Mindfulness - a form of meditation - has been found to prevent depression recurrence for some people, according to a research study published in The Lancet in April this year.

Stand more, sit less Fact file going for a walk in your lunch hour, spending less time watching TV and using the car could all cut the rate of death from serious diseases, according to a 2012 report, which analysed Get moving: actively 18 research pursuing everyday studies involving activities can improve your fitness 800,000 people.

'TWO YEARS AGO, WE WERE THINKING of

buying a new sofa, as ours looks a bit shabby and is not very comfortable. But my husband said, 'There's no point - you never sit on it.' It's true that I am always busy and rarely sit down. I juggle looking after my children, who are four and two, with my job as a full-time interventional cardiologist. Working in a speciality where you see a lot of seriously ill people

Standing up

for meetings,

coming in - often with illnesses that are partly self-inflicted if they are smokers or are grossly overweight - makes you very conscious of your own health. So I've also started running - I go several times a week in the early morning. I don't go for long, just about 15 minutes, but it's invigorating.

I think most women could use everyday activities to get fitter. You don't have to run a great distance or go to the gym. Just mowing the lawn will get your heart rate up.'

Rebecca Lane, consultant cardiologist at Harefield Hospital, Middlesex

Add a little spice

'I AM A GP working in the NHS, but I have a special interest in complementary medicine. As a child growing up in India, when you fell and hurt yourself, you were given a glass of warm milk with half a teaspoon of turmeric in it. Only now do I know why it's because turmeric contains curcumin, which has a powerful anti-inflammatory action and healing qualities.

Now, when I see patients with back pain, fibromyalgia, sciatica or whiplash injuries, I suggest they add a curcumin supplement to their treatment. Or maybe, if they are not able to take painkillers, they can use it as a primary remedy. You can buy turmeric/ curcumin capsules in health stores - or simply add more of it to your cooking. My favourite curcumin remedy is called Dehlvi's Haldi capsules.

I very much believe in preventative medicine for everyone. I work full-time, and have two boys of 11 and eight. If I know I am going to have a particularly stressful time, I start taking vitamin C tablets and multi-vitamins for a few days, and make sure I get some regular exercise.'

Dr Uzma Ali, GP and integrated medicine specialist 🔲

Lift some weights

'WEIGHT TRAINING is a fast-track way to tone muscles and improve body shape, making you thinner and fitter. I do three weight sessions a week with eight or 10 repetitions of each exercise in moderation, but I take care to listen to my body.

As a professional nutritionist, I make sure that I have the fundamentals in place rather than reaching for supplements. They are really only appropriate for a very small percentage of people who don't have balanced meals.

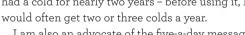
However, if I can't get outside for a while I may take a vitamin D tablet or a multi-vitamin, or some echinacea if people around me have colds. The other thing I am a great believer in is First Defence nasal spray. I use it at the first symptoms of a cold. It coats the mucosal linings of the nose and prevents the virus from spreading. Touch wood, I haven't

had a cold for nearly two years - before using it, I would often get two or three colds a year.

I am also an advocate of the five-a-day message. I make sure I always have a portion of berries, like

> blueberries. You can get them easily in any supermarket these days, and they are affordable and very high in polyphenols, which are plant compounds that are powerful anti-inflammatories. They help improve blood flow and boost immunity. And I always have a big bag of nuts in the house - particularly walnuts or cashews or almonds. Both my daughters, who are vegetarian like me, love them too, and we use a lot of cashews in our main meals, as they provide essential fats, iron and proteins.'

Anita Bean, registered nutritionist and Good Housekeeping writer



Fact file

Weight lifting three times a week can increase bone density by up to 19%, reducing the risk of strokes by 40% and heart attack by 15%, according to a University of Michigan report.

NEW!

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LOCERYL" NAIL GEL















YOUR 2-MINUTE ESSENTIAL PEACLY... Steacly... Squeeze!

You know keeping fit is important, but what about the vital muscles you can't see? Health writer Nicola Down discovers exactly why strengthening exercises are so important for your pelvic floor

t was after a tricky birth - the
type you don't tell first-time
pregnant women about - that I
was told my pelvic floor wasn't
exactly cast iron any more.
As is the norm in such cases,
I was referred to a women's
health physiotherapist at my
local hospital, who conducted an internal
examination and gave me a pelvic floor
strength score of just one out of five.

Despite this, I'm one of the lucky ones. I heeded the physio's exercise advice, and haven't had problems with wonky waterworks. But every woman should remember that, when it comes to pelvic floor muscles, we need to use them or lose them. 'These muscles are one of the most important and unappreciated parts of the body, supporting our uterus, bladder and bowel. They reduce our risk of incontinence and prolapse, and keep our sex life satisfying,' says Cathryn Glazener, a gynecologist and

pelvic floor researcher for the University of Aberdeen and the charity Wellbeing Of Women. 'You need to keep them strong with specific exercises, just like any other body part. While it's never to late to restore strength to your pelvic floor, preventing problems is always better than curing them.'

But it's not just mothers who need to keep their pelvic floor fit. Age and changes in oestrogen levels during menopause cause your pelvic floor to weaken, although you have no idea it's happening. Meanwhile, everything from bad posture and excess weight to high-impact exercise and heavy lifting have a negative effect. 'You can have a mature woman who has delivered five children and yet still has a strong pelvic floor, and a 20-year-old childless woman with a weak one. There can be lots of factors at play,' says Jennifer Westley, a women's health physiotherapist for Six Physio.

And the resulting incontinence is a

Women of all ages need to work their pelvic floor Which is where pelvic floor
exercises – also known as Kegels
– come in. When done regularly,
they're proven to both prevent and
remedy problems. They certainly
have the right idea in France, where
every new mother is offered 10-20 sessions
of 'la rééducation périnéale' – pelvic
floor-strengthening classes to you and
me – and told they need to continue
doing Kegels for life.

Forunately, you don't need to go on the Eurostar to get the same professional help. 'If your pelvic floor isn't doing the job it should be, ask your GP to refer you to a specially trained women's health physiotherapist,' says Cathryn. 'They can give you an internal exam or use a biofeedback machine to record whether the muscles are activating, plus they'll offer a pelvic exercise tutorial to ensure you're exercising the right muscles in the right way.'

Worryingly, it's estimated that 30% of us are doing them wrong – if we're doing them at all. Common mistakes include tensing the wrong muscles, and pushing down instead of lifting up.

Try this sequence to get your pelvic floor fighting fit - and keep it that way.

YOUR MINI DAILY EXERCISE ROUTINE

Like other muscles in your body, the more you exercise your pelvic floor muscles, the stronger they'll get. What's more, pelvic floor exercises are quick, easy, effective, and can be done anytime, any place and anywhere. 'The trick is to make them part of your daily routine,' says Jennifer. 'Do them in the morning when you're making your first cup of tea or after you've brushed your teeth at night. Then do extra squeezes



whenever you can – at your desk, for example. After about three months of daily exercises – ideally three times a day – you'll notice results, but you should keep doing them daily to keep the muscles fit and strong.' If you can't feel your muscles working or they seem very weak, seek additional help from a women's health physiotherapist.

1 FIND YOUR MUSCLES! It's important to use the right ones and contract them the right way. Imagine you're trying to stop yourself passing urine and wind at the same time. The muscles should feel as though they 'lift and squeeze' at the same time.

2 Slowly lift and squeeze your pelvic muscles as hard as you can, holding the squeeze for several seconds before relaxing for a few seconds. Work up to 10-15

squeezes that you hold for 10 seconds.

DO SHORT AND FAST SQUEEZES.

Quickly lift and squeeze your pelvic floor muscles for a second, then relax for a second, working up to 10 quick contractions.

KEEP FORGETTING? DOWNLOAD

SQUEEZY: Put the NHS Physiotherapy App (£2.99, iTunes Store) on to your phone or tablet and it'll remind you.

IF YOU HAVE TIME...

As well as the all-important Kegels, try adding in these exercises occasionally GET IN THE LIFT

Imagine your pelvic floor is a lift - go up the first floor, let some people out, close the doors, then repeat until you get all the way up to the fourth floor, before going back down to the ground floor.

PRACTISE YOUR SQUATS

'Regular deep squats strengthen your glutes, which in turn help support your pelvic floor,' says Katy Bowman, a human physics scientist. 'The trick is to squat deeply – think going to the 'bathroom' while camping – and hold for 30-60 seconds before coming up slowly.'

GO ROUND THE PELVIC CLOCK

This is a very subtle Pilates exercise. Lie on your back with knees bent and feet flat on the floor. Picture a clock on your lower abdomen, with 12 o'clock on your belly button, 6 o'clock at the top of your pelvic bone, and your hips at 3 and 9. Bring your belly button in towards the spine: this tilts the 'clock' down at 12 and up at 6. Rotate towards 3 so that your left hip is lower. Continue to move around the clock, tilting the pelvis until the 6 o'clock position is lowest. Hit every number on the clock from 1-12, then repeat in the reverse direction.

HIGH-TECH HELPERS

These devices shouldn't replace pelvic floor exercises, but can help if you have problems with weakness. They are not suitable if you are pregnant or have certain medical conditions, so do check with a doctor first.

GO ELECTRIC

Some gadgets emit a mild electrical pulse to help retrain your pelvic floor muscles. Try kegel8 Tight & Tone, £99, kegel8.co.uk.

CONSIDER A CONE

Vaginal cones contain weights that automatically isolate and contract your pelvic floor muscles. Wear it for 20min a day and add more weights as your strength increases. Try AquaFlex, £23.50, Boots.

GET FEEDBACK

New this Summer, Elvie is a bit like a Fit Bit for your pelvic floor. Once inserted, its pebble-shaped pod sends messages to an accompanying app on your phone, giving you real-time 'bio feedback' to help you do your Kegels correctly. £99, elvie. com. \square



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Dear Tanya How can I help my troubled daughter?



with Professor Tanya Byron

Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

My 21-year-old daughter is married to a man I have never met, and is expecting his baby. I'm afraid that he has brainwashed her - she has broken off contact with me, though she is still in touch with her grandparents. This man's two ex-girlfriends say he isolated them, too - emotionally abused them, left them in debt, and with a child each. I have been to the police to find out about him under Clare's Law, as one ex-girlfriend said he was arrested for stalking her, but they told me there is nothing they can do.

ANYA SAYS: You have outlined a heartbreaking situation. What you describe is difficult to answer directly, as I am not legally trained and also don't know the full facts. From what I have been advised by legal colleagues it seems that, as far as the law is concerned, you have done what you can by expressing your worries to the police.

Clare's Law (the Domestic Violence Disclosure Scheme) was brought in after Clare Wood was murdered by her ex-boyfriend, who had a history of violence towards women. It is intended to protect others from being a victim of attack - and anyone can ask for disclosure.

In cases such as yours, the police have the discretion to decide whether to share information with you. If there was anything so serious as to justify the police being concerned, I have been advised that they would have acted. If he had been convicted of stalking, it would have been disclosed to you. Perhaps the police decided there was either not enough evidence or that there was no need to charge him. You may wish to check again with his ex-girlfriend.

As for comments made by ex-girlfriends that he left them in debt and with a child,

it's impossible to know whether these women are accurately accounting for their relationships. On this occasion he seems to have chosen to commit to your daughter.

A key issue is how you got on with your daughter before she started to see this man, and how she behaved towards you while in

other relationships. Were there difficulties between you in the past? It may be that this situation, although linked to her husband, stems from longer-term difficulties.

Your relationship with your daughter is something only you can assess, based on your history. You use the term brainwashed, which implies that prior to meeting this man, your daughter got on well with you. However, the situation may be more complex and have other roots.

I have been advised, based on the information I have, that you do not have any other legal redress if your daughter does not want to see you. As her grandparents are still in contact with her, perhaps they can mediate in some way, or arrange a meeting. This process needs to take place within the context of you repairing your relationship with your daughter - without her feeling that your endgame is to persuade her to break off with her husband.

Whatever happens between your daughter

and this man, the support of her mother should feel enduring and unconditional. You may have to put your feelings about her relationship to one side and enable her to see that vou are there for her and want to know her and her family.

I think this situation may be best resolved by focusing on how you can regain trust and communication with your daughter. Your suspicions about her husband may be correct, but to push against the relationship seems to only reinforce the estrangement.

Relationships don't always last, but the bond between parent and child is for ever, and if you can get this back, you stand the best chance of playing a role in your daughter and grandchild's future wellbeing.

Relationships do not always last, but the bond between parent and child is for ever

Want to ask Tanya a question? Email ghasktanya@hearst.co.uk or write to: Ask Tanya, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.

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This month's round-up of the latest issues

The smart woman's health gadget

oday's activity trackers can
work for all types of exercise,
analyse your sleep and
even map your mood. But
which of these features are
you most likely to use?

Step counter. The target is often set at 10,000 steps (five miles) a day, as this helps lower blood pressure and possibly weight. Calculations aren't always 100% accurate, but you will see a trend.

Alerts. Only you know if being prodded into action or reminded that it's bedtime will be useful or irritating. More helpful is an alarm that wakes you at the point in your sleep cycle when you're most refreshed.

Sleep sensor. If you're a restless sleeper, this motion-based feature could help pinpoint what's disrupting you.

Heart rate monitor. The body benefits most from workouts at 65-85% of your maximum heart rate, which varies with age. Some experts say the usual calculation sets the bar too high for over-40s, so check the setting



by working out 208 - (0.75 x age). Or listen to your body instead. For Tried & Tested reviews of activity trackers from the Good Housekeeping Institute visit: goodhousekeeping/institute

GO DRUG FREE

ecent findings show that our favourite painkiller is not as safe or effective as once thought.
Taken too often, paracetamol can trigger stomach bleeds, and a recent review concluded that it's unlikely to help back pain. As ibuprofen can also cause bleeding and codeine is addictive, give these alternatives a go before reaching for medication.

- ◆ Cross your fingers. It diverts pain messages to the brain, say scientists at University College, London.
- Swap to skimmed milk. A glass a day can slow arthritis of the knee, according to a four-year study of more than 2,000 women.
- ◆ Enjoy a massage. It speeds recovery from low back pain, researchers at Harvard have found.
- ◆ Watch slapstick or a sitcom. A good belly laugh can reduce pain by up to 10% says Professor Robin Dunbar of Oxford University – but wisecracks don't work.



DID YOU KNOW?

Ordinary specs can now offer 100% UV protection, thanks to new clear lenses that shield eyes from the harmful rays that encourage cataracts. There's a cosmetic benefit too: 'UV light yellows the whites, so deflecting it makes eyes look brighter,' says Daniel Hardiman-McCartney of the College of Optometrists. Ask your optician!

$\mathbf{5}$ ways to improve your family's health in august

Cook sea veg.
Seaweeds are a
nutritional
powerhouse,
packed with
iodine, calcium,
iron, magnesium
and more vitamin
C than oranges.
They're tasty, too
- ask Heston!

Bee tir bee 15 ris by to st

Remind teens about sunscreen.
Being sunburnt five times or more

times or more between the ages of 15 and 20 hikes the risk of melanoma by 80%, according to a major US study. Sleep longer than you look at a screen. The

UK averages 8hrs 41mins screen time a day, according to OfCom, which can lead to eye strain, insomnia and obesity.

10

Check out the hotel balcony.

Falls from these

are the second
highest cause of
accidents abroad,
says the Foreign
Office. The
18-30 crowd are
most likely to
take a tumble.

Help him man up. A rectal exam is more likely to detect prostate cancer than blood tests, says St James's Hospital in Dublin, so be supportive if he's reluctant.

GOOD HOUSEKEEPING **PROMOTION**

Take your solutions and the solution of the so

Enjoy the new Tetley Blend Collection, a range of expertly blended premium teas for all occasions

veryone loves a refreshing cup of tea and, having blended tea for more than 175 years, Tetley knows exactly how to make one! Now Tetley has applied its skill and experience to creating a new Blend Collection featuring three premium teas, each offering something truly special. There's Extra Strong, with a robust and fullbodied flavour that makes it the perfect pick-me-up. Then there's Kenyan Gold, an exquisite and delicately flavoured treat to enjoy in quieter moments. And then there's Blend of Both, with a satisfying combination of Tetley Original and the healthy benefits of green tea*. Available in all major supermarkets, these three exceptional blends offer something for everyone, so they're sure to be just your cup of tea.

To discover the full range of Tetley teas, including the new Blend Collection, visit tetley.co.uk.



Made from a blend of specially selected leaves, with an extra kick of Assam Tetley Extra Strong, has a rich, full flavour that is guaranteed to give you a lift



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Tetley Original, with
all the benefits of
green tea*, this brew
is healthy and
refreshing at any time
of day – and equally
delicious with or
without milk





Dr Sarah Jarvis answers your health questions this month

◆ Experimental cancer treatments ◆ Laser eve surgery ◆ Constitution facts

Is this our last chance of a cure?



OUR HEALTH PROMISE

No fluff, no crackpot theories or bad medicine. Health articles in Good Housekeeping are always double-checked for accuracy by a leading expert from the GH Health Watch team.

My husband has cancer and has been told that it has progressed so far that not much can be done. We're pinning our hopes on an experimental drug treatment, as we've heard a new scheme is offering this on the NHS. Are we being unrealistic?

I am so sorry to hear about your husband's situation, and your question highlights a real dilemma. Every medicine has risks as well as benefits, which is why they're so carefully regulated. Some side effects affect only a very small proportion of people but are life-threatening, while others are more common but less severe. Bodies like the European Medicines Agency and the Medicines and Healthcare Products Regulatory Agency weigh up these factors and only grant a licence when there is clear evidence that the benefits will outweigh the risks for the majority of people. This risk-benefit ratio depends largely on the drug. For instance, the stakes in cancer are so high that a licence could be granted for a drug with side effects so severe that it would fall at the first hurdle if it were being used to treat, say, the common cold.

The Early Access to Medicines Scheme (EAMS) is a new initiative introduced this year by the Department of Health. Until now, the only way to

get access to unlicensed drugs, no matter how promising, was by entering a clinical trial. Most of these trials assign people randomly to either the drug being tested or to another currently approved drug, or to an inactive placebo. That means that even enrolling in a trial doesn't guarantee you'll get the new medicine, even if the researchers decide you fit the entry criteria.

EAMS aims to fast track promising new drugs which have yet to be licensed because they haven't completed all the studies needed for approval. However, since these drugs are still experimental, they're limited to severely ill patients who don't have the option of waiting for full approval. The first drug to be approved, pembrolizumab, is one of a new breed that helps your immune system fight cancer cells. It has been included in the scheme to treat advanced melanoma (the most deadly form of skin cancer). Others are likely to follow soon, and will be made available on the NHS to severely ill patients.

I'm fed up with wearing glasses and am thinking of laser surgery. Are there any risks I should know about?

Laser eye surgery has become increasingly popular, even though it's not available on the NHS for most people. A laser is used to reshape the cornea - the transparent layer over the pupil and iris - to correct short sight, long sight or astigmatism (where the cornea is not evenly curved in all directions). The most common procedure in the UK is LASIK surgery, which has the quickest recovery rate (useful vision is back within 1-2 days, and you can be back at work in 2-3). More than 95% of people don't get complications, but if they do happen, they can cause permanent problems. After surgery, your eyes may feel sensitive or dry for some months; low-light vision can be affected, with halos or starbursts around objects (especially when driving at night), and retinal detachment is a risk if you're short sighted. Choose a registered ophthalmologist with specialist training in laser surgery (the General Medical Council holds a register) and ask about their complication rates.

Want to ask Sarah a question?

Email ghasksarah@hearst.co.uk or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

SARAH'S ADVICE ...

ON HOW TO GET GOING!

Constipation can mean going less often, straining, passing hard stools or pain. Don't be embarrassed: here's what you need to know.

Many people only need to go a couple of times a week - not every day. There's no set rule: constipation is a change in what's normal for you.

Brits eat on average 12g of ┛ fibre a day – less than the recommended 18g. Increasing this can lead to wind and pain in the short term, so try soluble fibre, in oats, lentils, avocado, figs and prunes.

Over-thecounter laxatives like Fybogel are composed largely of soluble fibre but dietary sources are best in the longer term.

Physical activity and _ adequate fluid intake will both help you to avoid constipation. All non-alcoholic fluids count, but alcohol is dehydrating.

Constipation rarely indicates a more serious underlying condition, but see your doctor if it's accompanied by loss of appetite, unexpected weight loss, blood (especially if it's dark), tiredness, or 🕯 feeling or being sick. 🔲





Sex improves as you mature

ell, that was GH-favourite Dame Helen Mirren's steamy verdict in a recent interview. But at 70, she's not the only prime-time woman enjoying sex, as the National Survey of Sexual Attitudes discovered when it finally thought about asking the question in 2013. Age-appropriate advice is still thin on the ground, however, so if your love life is flagging, try these expert tips: ■ Seek out sunshine. It generates vitamin D, increasing female hormones by up to one-fifth and

testosterone in men by 69%.

- Kiss more deeply. Kissing for at least 10 seconds stimulates erotic feelings, says Relate counsellor Barbara Bloomfield.
- Ask three intimate questions. Looking into your partner's eyes and asking about his childhood or his dreams, say, can bring you closer.
- Give nature a boost. If sex is uncomfortable, use a lubricant like Sylk routinely - not just at the critical moment.
- Indulge with no regrets. All new lovers need condoms to prevent sexual infections, but it's a message that hasn't got through to the over-50s, where STIs are increasing at 7% a year.



Y, WIREIMAGE. CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS I

FEATURE: LINDA GRAY, PHOTOGRAPHY (POSED BY MODELS); GETTY, V CONDITIONS AND TREATMENTS VARY FROM PERSON TO PERSON, CC

Do cosmetic age-spot fading creams really work? My hands and arms are covered in blotches and I feel really self-conscious. Or can I get treatment from a dermatologist?

Over-the-counter creams may promise more than they deliver, but there's evidence that No 7's Lift & Illuminate range works. 'The performance is similar to prescription-only treatment after four months' use,' says dermatologist Professor Jean-Paul Ortonne, who helped develop it.

More powerful retinoid or hydroquinone creams are available from skin specialists, but there are faster ways to zap age

spots. IPL and intense laser treatments will remove multiple lesions, but liquid nitrogen is a possibility if you have only a few,' says Dr Tamara Griffiths of the British Association of Dermatologists.

Sun protection is key to preventing age spots, so invest in a high SPF and UVA hand cream. And if any of your blotches itches, bleeds, or spreads significantly, see your GP. Skin cancer is easy to treat if caught early, but deadly if not.

HOW SHE DOES IT!



Newly blonde former Countdown host CAROL VORDERMAN, 54, has a formula for good health: 'I'm not a macrobiotic goddess, but I like to do a two or three-day fast from

time to time. I take a lot of vitamins, drink proper juices - not from a carton - and eat an avocado and a bag of salad each day. And I love walking - I walk about 20 miles a week.'

Lower the temperature with sage tea

No need to get heated

If sunshine or hot flushes leave you sweltering, try these strategies to keep your cool:

■ Sip sage tea. Make this traditional herbal remedy by brewing up 20 leaves in a litre of water. Or use sage supplements: they reduce hot flushes, according to research in Germany.

Say no to spicy food. The capsaicin in chilli fools the brain into thinking that the temperature is rising, so we break out in a sweat.

If your regular brand doesn't deliver, ask your pharmacist for one containing aluminium chloride, which blocks the sweat glands. (And no, it doesn't cause cancer, according to a

review of the evidence last year.)

If cows' milk disagrees with you, take a moment to digest this.

Easily digestible

Goats' milk is the natural alternative to cows' milk. Many people find it suits them better, because the different proteins and smaller fat particles are easier to digest.

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- · Great Fresh Taste ·



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Want to improve your diet and wellbeing? Registered nutritionist Anita Bean uncovers what's healthy and what's hype



Beat those cravings

onvinced you're addicted to chocolate? If so, you're not alone! A recent study found that it's our number one food craving, closely followed by other highly processed foods like pizza, ice cream, crisps, cake and biscuits. Of the 35 foods evaluated surprise, surprise - the most craved foods all had high levels of added fat or refined carbs, such as white flour and sugar. These foods stimulate the brain's pleasure centres, making you want to eat more. The least addictive? Unprocessed foods like salmon, beans, broccoli and apples. If you find it difficult to resist a craving, here are

four ways to boost your willpower:

- ◆ **Avoid alcohol** It stimulates your appetite while triggering the brain's desire for decadent foods.
- Keep blood sugar levels stable When they drop, so does your ability to resist temptation. So eat regular meals, and include protein with each meal to make you feel fuller.
- Don't watch food ads or cooking **programmes** Research shows they make you subconsciously crave more food, even if you're not hungry
- Plan ahead Plan your meals a day or two in advance and always shop with a list to help avoid impulse food purchases.

Berry good news

GRAIN OF TRUTH

Starting the day with a bowl of porridge may help you live longer, says new research. In a recent study, people who ate at least 34g (1.2oz) of whole grains - that's 1 bowl of porridge or 2 slices of wholegrain bread - for every 1,000 calories had a 17% lower risk of premature death

from heart disease, cancer, type 2 diabetes and respiratory diseases than those who hardly ever ate them. The benefits are thought to be due to the antiinflammatory properties of fibre in grains, as well as the high content of antioxidants. vitamins and minerals. Other wholegrains that have similar

porridge could bring huge health benefits

health benefits include oats, barley, bulgur wheat, brown rice, quinoa and freekeh.

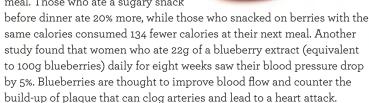
SMALL CHANGES, BIG DIFFERENCE

Not all salads are low cal! Find out how far you'd have to walk to burn off your favourite lunch option.

M& S Rainbow Super Salad	242 cals	人	3.0 miles
Waitrose Good To Go Minted Pea and Ham Pasta Salad	346 cals	人	4.3 miles
Waitrose Adzuki & Edamame Bean Salad	216 cals		2.7 miles
Sainsbury's Greek Salad Bowl	174 cals	人	2.2 miles
Tesco Finest Chargrill Vegetable Couscous	208 cals	人	2.6 miles
Asda Good & Balanced Sweet Chilli Chicken Noodle Salad	170 cals	<u></u>	2.1 miles
Starbucks Chicken Mango Salad	179 cals	人	2.2 miles

FASTER WEIGHT LOSS

Swapping your usual snack for berries may help you shed pounds and lower your blood pressure, says new research. One UK study found that a snack of blueberries, strawberries, raspberries and blackberries reduces the amount eaten at the next meal. Those who ate a sugary snack



GREAT HAIR UMMER

Freshen up your look with these quick styling tips and advice, plus the season's smartest buys



Make the most of Summer's citrus fruits and brightly coloured veg, as they're rich in vitamin C. It's essential to help iron absorption, which is needed to prevent hair loss, says nutritionist Yvonne Bishop-Weston.

Plopping is a craze in the US for women with curly hair, which involves wrapping hair upside down in a T-shirt or jersey cloth to dry. It gives amazing curl formation and retains moisture - unlike towel drying, which causes frizz. Watch the how-to videos on YouTube.

Humidity = frizz. Used before blow-drying, John Frieda Frizz Ease Forever Smooth Anti-Frizz Primer, £9.99, prevents hair absorbing moisture from the environment, which leads to swelling and puffiness.

If you're doing a bouncy blow-dry with a round brush but find that baby hairs around the hairline keep pinging up, use a fine-toothed comb to grip them and the nozzle on the hairdryer to direct the heat and help them blend into the rest of your hair.

Ditch the boring kirby grips and pin hair up or back with these beautiful hairpins: Rosantica Shell Pearl, £50, and Starfish Pearl, £40, (net-a-porter.com).





Perfume and sun can create skin pigmentation and rashes, so save scent for your hair instead. Dior Miss Dior Hair Mist, £34, is a subtle way to wear the scent, which diffuses as your hair moves.

Vitamin C boosts iron absorption,

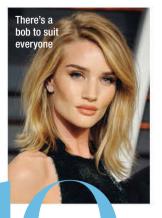
to protect you from hair loss





Got a fringe? Avoid the sticking-out shape you get with a round brush by using a curved vent brush instead, says stylist James Galvin. Just dry your fringe back and forth.

Try the Head Jog 45 brush, £4.45 (veryglamourladies.com).



Blunt, short, shaggy...
bobs are back and
there's a style to suit
everyone. Try on wigs
at George Northwood's
Bob Bar or check out
pinterest.com/
georgenorthwood
for inspiration, such
as the longer bob
he cut for Rosie
Huntington-Whiteley.



To create movement without using tongs, prep hair with Schwarzkopf Got2b Beach Matt Texturizing Salt Spray, £4.07. Twist small sections anti-clockwise, and then dry naturally or diffuse dry, says stylist Peter Lux.

12

After washing it, twist damp hair into a low chignon and secure with pins, rather than an elastic, which creates kinks, and then leave to dry. It looks chic with a big sun hat and will give you on-trend beachy waves when you undo it.

13

Try a deeper side parting than you usually have and keep it in place with a simple, classic, gold barrette. If your hair is fine, use dry shampoo or a texturising spray to give grip.

16

Glamorise holiday hair with Redken Metal Fix Metallic Liquid Pomades, £19, in silver and gold. Use your fingers or a brush to paint ends, highlight your parting or use before blow-drying for a subtle all-over shimmer. 14

Unless you really don't like your ears, pinning or tucking hair behind them will define your cheekbones and jawline, making you look more youthful.



Until now, instant, temporary root concealers for redheads haven't been so easy to find. Color Wow red mineral powder Root Cover Up, £28.50 (Space NK), works for tones from ginger to copper and auburn, and is rain- and pool-proof, too.

Brush it in, and it stays put

until you shampoo it out.



PRO-VOKE
TOUCH OF
SILVER
ATTRIBUTE SHAP
THAT THAT

Blonde and grey hair can often lack shine (darker hair reflects light better), but you'll get instant glossiness with Pro:Voke Touch of Silver Intensive Shine Treatment Shots, £6 for 3.

18

Rather than blow-drying hair from soaking wet, towel dry it first. Intense heat on very wet hair creates steam, which damages it. Use a low heat before styling, and a protective product such as Percy & Reed Wonder Prime Light, £18, which also adds shine.

20

The sun damages and dries out hair, and it can also cause a yellowish tone. Put the cool back into your blonde with L'Oréal Professionnel Vitamino Colour A:OX CC Cream Blondes, £12.49, after shampooing.

Braids and plaits are having a moment. If you don't have enough Plaits are hair of your own, buy a fake braid this Summer's (try hershesons.com). If you do, hottest trend download Kérastase Couture Book of Braids, free from kerastase.co.

21

uk, for how-tos and tips.

Eat grains, nuts, seeds and leafy green veg daily.

These give a good mix of protein, essential fats, vitamin E, B vitamins and minerals.

Vitamin B5 in particular helps hair growth and also improves its elasticity, strength and gloss.

Use a deep conditioning treatment, such as Dove Oxygen Moisture Souffle Treatment, £6.99, if your hair is fine, or Pantene Hydra-Intensive Moisture Lock Intense Hydration Mask, £6.99, once a week for moisture and shine.



With natural ingredients, such as Fair Trade Kalahari melon oil and coconut oil, rather than silicones, Liz Earle Botanical Shine Nourishing Hair Oil, £17.25, is lightweight, heat protective, shine enhancing – and reduces blowdrying time.





Wella Global Creative Director Eugene Souleiman made crimped hair cool at Stella McCartney's show. Keeping the front of the hair tight, and using the crimpers on a few pieces only, looked fresh.

Lee Stafford's Super Juicy Dryer, £27.99, has Mongongo oil infused in the barrel, which is rich in Omega 6s for added shine-enhancing benefits.

28

Don't have lots of short layers if your hair is fine, as they will just make it look thinner. Longer layers or a one-length cut are more flattering. See actress Robin Wright for inspiration.



The right colour can complement your face shape

Hair colour can contour, enhance and even alter your face shape, say the experts at Charles Worthington. If you have an oblong shaped face, like Sarah Jessica Parker, shorten it with deeper shades along the parting and lighter tones from the ears to the ends.

Take inspiration from Rosamund Pike and try an undercut. Not visible until you wear your hair up, it's edgy and chic - and will keep you feeling, as well as looking, cool in the heat.



Add pretty accessories to an 'undone' chignon

This soft, messy chignon is easy and feminine - just pin it loosely into place and add gold, pearl and diamond clips... as Redken Global Creative Director Guido did at the Dolce & Gabbana Autumn/ Winter 2015 show.

Very curly or coily

hair? Try Aveda Be Curly Co-Wash,

£17.50, a sulphate-

free, low-lathering

formula that

cleanses without

stripping hair of

moisture. Good for

travel, and if you

like to wash your

hair frequently.



Introducing the first deodorant proven to leave no white marks on 100 colours. Including Beth's favourite Danger Red.



Try Dove invisible dry today

Show us your colour confidence by using the hashtag #100Colours For more information, talk to Dove @DoveUK or visit dove.com.

ook fabulous

20% off beach and swimwear at Seaspray*

Thether you're looking for a new swimsuit or a chic cover-up, you'll love the latest collection from Seaspray, in a range of abstract prints, florals and colour-block styles. With clever draping and seaming, control panels and longer lengths, there's flattering swimwear for every shape - the ultimate in body confidence. Add one of Seaspray's beautiful pareos or kaftans, and you're good to go!

TO CLAIM YOUR 20% DISCOUNT

Go to seasprayswimwear.com and enter the code GHSeaspray20 when prompted at the checkout.











Polka Dots swimdress, £78



swimsuit in Ivory, £78

15% off at Caudalie**

sing natural ingredients derived from the vine and proven effective by science, the beauty products from French brand Caudalie are high performance and pampering. Our favourites include the milky, oil-free Vinoperfect Complexion Correcting Radiance Serum, £45, which uses Viniferine grapevine sap to reduce dark spots, illuminate and even out your skin tone. The same ingredient is combined with mineral pigments and soft-focus powders in Vinoperfect Radiance Tinted Moisturizer SPF20, £27 - a Summer must-have.

As well as award-winning skincare, Caudalie has some beautiful fragrances, such as the new Rose de Vigne, £26, with fresh roses at its heart, blackcurrant notes that recreate the scent of the grape, as well as musk and magnolia.

TO CLAIM YOUR 15% DISCOUNT Go to caudalie.com and enter code CaudalieGH15 in the promotional box at the checkout.



TERMS AND CONDITIONS: *New customers only, UK only. Offer only available online at seasprayswimwear.com. Subject to availability. Discount can only be used once and not in conjunction with any other offer. Offer excludes delivery charges. Offer valid between 1 July and 10 August 2015. **Offer is subject to availability and excludes delivery. Valid in UK only. Discount can only be used once and not in conjunction with any other offer. Valid between 1 July and 10 August 2015.

Can you make your eves look bigger and brighter with just one product? It's simple when you know how, explains Gillian Davies

The trend

Graphic, bold black eyeliner with a large, square flick appeared at several shows this season. 'It's definitely a statement look,' says Carla Wall, Hourglass Brand Ambassador. 'A small flick on the outside of the eye is actually a great anti-ageing trick, as it lifts and opens up the eye area, and elongates small eyes.' For an easy everyday option, use a soft pencil on the top lid, keeping it close to the lashes, then slightly flick it up and out at the corner of the eye, creating a small triangle. Don't pull the skin - just dot the pencil along the lash line, then blend dots together with an angled eye shadow brush, such as Revlon Face Duo Eye Brush, £5.99.

Create a shape

Thicker lines flatter round eyes, while thinner styles work best with smaller, almond shapes. Draw focus away from hooded eyes with 'tight lining'. Pro Make-up Artist for Bobbi Brown Amy Conway explains: 'Pull up the top lid and apply liner directly on to the upper waterline (just below your top lash roots), moving towards the nose.'

TRY: Use waterproof liner to prevent smudging. Our tester wore Bobbi Brown Perfectly Defined Gel Eyeliner, £18, during a marathon, and found that it didn't budge!



Master eyeliner

with our



skin-nourishing ingredients in Estée Lauder Double Wear Stay-In-Place Eye Pencil, £16.50, ensure it won't drag skin. Of the 16 shades, we love Night Diamond, a soft, suit-all charcoal grey.

TRY: Long-lasting pigments and

The pro product

Most make-up artists say that liquid eyeliner is best left to the professionals. While it looks striking, the quick-drying, watery formulas need practice to master. Using pencil as a guideline can help, but you won't get such a clean finish.

TRY: Our tester was impressed by the super-fine nib on ${f Max}$ Factor Masterpiece High Precision Eyeliner, £7.99, while Clarins 3 Dot Liner, £21, is a good substitute for liquid liner, as it does the hard work for you. Press the triple-pronged applicator along the lash line so the dots join to form a straight, even line.

Colour code

'A strong black line can be ageing rather then alluring,' says Janine Bird, National Make-up Coach for Smashbox. 'Layering navy or aubergine over black still gives an intense look, but is more flattering.' TRY: Silver, bronze and lavender also make a glamorous alternative to black. With a built-in sharpener and supercreamy texture, Revlon **Colourstay Eyeliner** Crayon in Amethyst (1) or Topaz, £6.29 each, gives a great colour pay-off. Applied close to the lash

line and paired with a neutral base, Clinique Skinny Stick in Wheat Thin (2), £15 (available 31 July), adds a modern metal flash to lids. With a pointed but flexible nib, Benefit They're

in Beyond Purple (3), £18.50, stays in place until you're ready to take it off.

Real Push Up Liner









drenched by nature

Palmer's® Coconut Oil Formula™ drenches your skin with antioxidant-rich moisture that lasts 24 hours. Formulated with ethically and sustainably sourced raw Coconut Oil and Tiaré petal-infused Tahitian Monoi, all of the products are free from harsh chemicals, dyes, parabens, phthalates, mineral oil or gluten. The result is naturally radiant skin with a decadently, rich coconut scent.

Pure Coconut Oil & TAHITIAN MONOI

DEEPLY HYDRATES & Pampers Skin



at any Make glowing Summer skin last all season

Stay ahead of the crowd with our easy anti-ageing tips, fresh ideas and the best new products

Packed with antioxidants and texture-improving botanicals,

Nude ProGenius Omega Treatment

Rescue Oil, £62

(nudeskincare.com), is a great choice for normal or combination skin.

Give pasty legs a glow with L'Oréal Sublime Bronze Dream Legs BB in Fair to Medium, £9.99. It also blurs tiny veins and marks.

Freshly squeezed happiness! We love **Tom** Ford Fleur de Portofino, £142 (Selfridges). It's a Summery

acacia and

blend of Sicilian lemon, white honev.

in under a minute, and Rimmel 60 Second Super Shine Nail Polish is only £2.99. Bargain! Shown here from top: Rose Libertine, Lovey Dovey and Too Cool to Tango.

It really does dry

New on the high street

TOM FORD

FLEUR DE

PORTOFINO

EAU DE PARFUM

* We thought Shellac couldn't get any better until we tried the updated version. Swapping the UV curing light for LED speeds up drying time, and Shellac Xpress5 Top Coat gives long-lasting

shine and makes removing colour easier. From £25 (lovecnd.com). * Head to the spa-style Clarins BeautyBar in John Lewis on London's Oxford Street for an express beauty treatment. Our tester was impressed with the muscle-soothing Knot A Problem massage. £25 for 30mins. * We were already

fans of No.7 Protect & **Perfect Intense** Advanced Serum, £24.95, but a year-long trial has revealed its full antiageing benefits. Testers saw a difference in their skin tone after two weeks. After a year, the depth of lines and wrinkles was reduced, too.

Face masks

These got top marks from our panel:





Estée Lauder Clear Difference Purifying Exfoliating Mask, £35

'After just one use my skin looked bright, fresh and less congested.'



Temple Spa The Contourist, £50 for six sachets (templespa.com)

'The cloth mask hooks behind your ears and gives a brilliant pre-party boost, as it firms, lifts and tones.'



Caudalie Instant Detox Mask, £22 (caudalie.com)

'In 10 minutes my skin was plump and soft, and looked more even, too.'

Create a bespoke foundation with the 24 shades of Cover **FX Custom Colour**

Drops, £36 (House of Fraser). Add two drops to cream or serum for a natural finish. 🗖

* For more Tried & Tested beauty products, go to goodhousekeeping.co.uk/institute

Keep it simple

Chef Tess Ward only uses the purest ingredients in her food – and takes the same approach with her skincare routine...

s a chef and lifestyle blogger, Tess Ward knows exactly how important it is to use pure ingredients if you suffer from food intolerance or have sensitive skin. She's just as conscious about what goes into her skincare products as she is about what she eats, and that's why she uses Simple Kind To Skin Micellar Cleansing Water.

'As a chef, I know how important it is to choose

well-sourced ingredients. What we eat has a direct connection to the way we feel, inside and out,' she says.

The right nutrition could help your skin stay healthy and can reduce sensitivities caused by triggers like stress, sun exposure or not removing your make-up properly. 'When I eat well and cleanse my skin properly, I'm in a better mood and feel more comfortable in my body,' says Tess.







GENTLE CLEANSING

A good skincare routine using the purest ingredients is essential if you experience skin sensitivities such as dryness, redness or breakouts, says dermatologist Dr Philippa Lowe.

To ensure it is kind to even the most sensitive skin types, Simple Kind To Skin Micellar Cleansing Water goes through a multi-step purification process. It doesn't just cleanse – it instantly hydrates and leaves no residue. And when you're on the move, you can get all these benefits with a handy pack of Simple Kind To Skin Micellar Cleansing Wipes, available in stores nationwide, from £3.99.

Discover a skincare regime to suit you and find out how to get naturally healthy-looking skin at simpleskinadvice.com. You can take a short quiz, receive a personalised skin map and watch videos from the UK's biggest beauty bloggers.







If you've lost your exercise mojo, there's no better place to find it than Ragdale Hall Health Hydro and Thermal Spa, near Melton Mowbray in Leicestershire. With two full-sized exercise studios and a packed timetable, it has all the latest classes as well as old favourites. Our tester loved Ballet Barre, a combination of ballet and Pilates designed to tone and sculpt the lower body. Recently refurbished Ragdale offers one of the UK's best thermal spas, with a welldesigned outdoor section where you'll find massage pools in sheltered nooks. You can choose from a full menu of Decléor, Elemis and Clarins treatments, including an exclusive Elemis Signature Body Bliss massage (£67), or drop in to the Beauty Express (Shellac, HD brows, mini facials). A two-night break including all meals and one treatment costs from £314 per person. Call 01664 434831 or visit ragdalehall.co.uk.



more likely to have a 'second bounce' after 40, with renewed enthusiasm for change, a survey by Goodyear Tyres has found. Some 54% of respondents said they were approaching midlife in a different way to previous generations, and 41% were optimistic about it. Nearly 70% saw it as an opportunity to try new experiences.

Our round-up of tips, news and advice to boost your wellbeing

Pass the pencils

Colouring-in is the new Sudoku – the French craze for keeping a grown-up colouring book on the coffee table is now taking off here. And what's not to love? It's simple, super-relaxing and nurtures your creative streak. All you need to get started is a set of rainbow pencils and a colouring book. You can't go wrong with Art Therapy: Extraordinary Gardens by French illustrator Sophie Leblanc, full of Art Nouveau-inspired designs so beautiful you'll be tempted to frame them. £12.99, Amazon.

Therapy in a balm

For aromatherapy on the go, try Scentered, a range of therapeutic balms made from essential oils and botanical ingredients. Choose from five blends, including Focus, with rosemary, mint and clary sage, and Sleep Well,

with palmarosa, lavender and ylang ylang. Apply to pulse points and inhale. £14.50 each, SpaceNK. s, with

ylang ylang: on the pulse mbrace new

experiences

HEALTH AT YOUR FFFT

A soak in a footbath is always a treat, but add magnesium flakes and you can get a health boost, too.



Some magnesium is absorbed through the skin, helping ease perimenopausal symptoms and soothe jangled nerves. The Magnesium Inflatable Footbath, £9.95, is padded for comfort and inflates in minutes. Just add warm water, sprinkle in magnesium flakes, from £3.49, and relax. Find both at BetterYou (betteryou.com).

Live life TO THE FULL

Nothing will stop Roz Sims from enjoying her life, and now she's more confident than ever

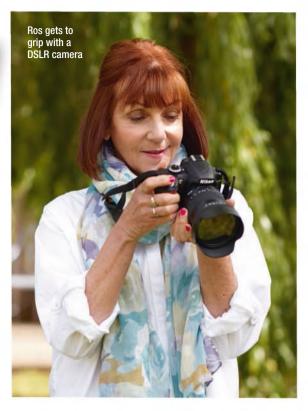


ooking at this glamorous, vivacious, self-assured 56-year-old, you would never imagine that, until recently, Roz Sims didn't have the confidence to go out for a long walk with her husband. She is among the 47% of women in the UK who experience bladder weakness, and fear of being too far from a loo prevented her from

living life to the full. Until she discovered TENA Lady, the UK's number 1 bladder weakness brand', she was too afraid even to have a giggle with her friends. 'I used to have to avoid situations where I knew I would end up laughing – everyday pleasures like going out for a drink with friends or going for a walk on the beach

with my husband became a real nightmare for me,' says Roz. Now that she uses TENA Lady products, Roz is a new woman. 'I feel so free and liberated – I can do whatever I want. I'm not afraid to laugh any more, and I love having a real giggle! It's completely changed my life – now I feel I'm the woman I was meant to be,' she says.





'When I come back from a holiday, it's such a joy to see the pictures I've taken'



NEW BEGINNINGS

Discovering TENA Lady has empowered Roz to live the life she wants, and her new self-assurance shows in everything she does: 'I have the confidence to try new things I would never have done before. I've started a BTEC in photography and learnt to use a DSLR camera – I love going out with

my friends from the class to take photographs on the beach. It's such a joy to come home from holidays and see the pictures I've taken. I keep my TENA Lady products in my handbag, and I'm not afraid any more. Whether I'm being active on holiday or simply giving a piano lesson, I feel more confident than ever before. Life is bright again.'

WIN AN OPPORTUNITY TO ENJOY LIFE WITH CONFIDENCE**
For a chance to win a variety of great Summer prizes, including a spa weekend, a glamping break for two, picnic concert tickets and a hotel mini-break, visit goodhousekeeping.co.uk/news/tena-competition

TENA Lady products offer
Triple Protection against leaks,
odour and moisture. Slip a packet
into your handbag – and regain
the confidence to be yourself and
enjoy life. Bladder weakness is a
common condition experienced
by nearly half of women in the
UK. For more information, visit
tena.co.uk.



SOURCE IRI DATA 52 W/E 16/TH MAY 2015 VALUE, PACKS & PIECES. **VISIT GOODHOUSEKEEPING, CO.UK FOR FULL TERMS AND CONDITIONS AND DATA PROTECTION INFORMATION. COMPETITION IS OPEN FROM 1 JULY TO 31 AUGUST 2015

















Our Suitcase secrets

Are you a savvy packer or do you arrive crumpled, with a case full of clothes that don't work together? For a stylish getaway, be inspired by these seasoned travellers







A HOLIDAY **CLOSER TO HOME**

Living and working in Cornwall means SOPHIE CHADWICK, senior textile designer at SEASALT, is always prepared for a great British Summer

Cornish idyll: but pack

for all weathers!



What don't you leave home without?

We often have friends and family holidaying with us here in Cornwall, and we always have to be ready for the changeable weather. I pack flip flops for the sunshine, a lightweight, waterproof jacket for the downpours and I always, always carry a navy beret in my handbag. I'll also have a small sketchbook in my bag, and I usually have a copy of Selvedge, a really beautiful design and textile magazine, which I use for print and colour inspiration.

Jeans, £95, 6-16, Comptoir des Cotonniers (comptoirdescotonniers.co.uk)

HOT TIP FOR THIS SUMMER?

Colour pop accessories. They instantly update your wardrobe and are light to pack. I am particularly into our bright linen scarves at the moment in Lighthouse Red and Mustard Yellow.

Scarf, £39.95, Seasalt

(seasaltcornwall.co.uk)

£19.99, 8-18, H&M (hm.com)

Bag, £55,

Phase Eight

(phase-eight.com)

Pack-It Jacket,

£39.95, S-XL, Seasalt

seasaltcornwall.co.uk)

Best packing tip

I like to pick garments and accessories that are supposed to be crinkled, not ironed. These roll tightly into your luggage and look even better after the journey!

> £27, XS-XL, Hush (hush-uk.com)

Surfing spot: Cornwall's Gwenver Beach

WHAT'S YOUR HOLIDAY STYLE?

Comfortable shoes, layers of simple clothing and some great accessories.

Converse All Star, £44.99, -9, Office (office.co.uk)



9.99, 8-16, H&M

RELAX IN PARADISE

Taking inspiration for her collections from her global travels, designer UZMA BOZAI finds time for some rest and relaxation in Koh Samui. Thailand.

What are your trip essential? A brightly coloured oversized shirt dress is a

must-have for me. Our Malih shirt dress is fantastic as it can double as a cover-up by the pool and still wow with jewellery or heels for dinner. A statement scarf is my go-to accessory whenever I travel - it's great to add colour to classic separates when travelling and, once I arrive, I'll end up taking it everywhere, to shade me from the sun and add warmth in the evening.



This Summer, I'll be channelling the 70s boho trend with our Parvin kaftan. I plan to wear it over jeans and a tee as well as to cover up on the beach. I also love blue and white during the Summer: it's so fresh and an absolute classic.

Best packing tip

A statement necklace and sandals in one strong colour will instantly brighten simple whites.

Necklace, £94, Uzma Bozai

andals, £25, 3-7, Office

(office.co.uk)



Fresh colour: Uzma loves classic blues in Lummer

Jeans, £44.95,

24-35, Gap (gap.co.uk)

WHAT'S YOUR HOLIDAY STYLE?

Travelling with my two-year-old daughter dictates that everything I wear must look good with flats! I also like to wear printed kaftans in azure blues and tropical corals.

We're packing a

Why spend a fortune on holiday essentials? Here's our high-street edit of 30 key pieces – and they're all £30 or less!



























Day in the life

Stylist Milly Goodwin's job means she's often on her feet all day – but she still manages to keep them feeling fabulous

s an interiors stylist working on photo shoots, Milly spends all dav on her feet - unpacking boxes, shifting sofas and ensuring every detail is perfect - so she needs her shoes to be comfortable as well as as stylish. Luckily, she's found a way to have both: 'Comfort and style rarely co-exist, so my pretty ballet pumps and sandals were often overlooked in favour of trainers. But now that I've discovered Scholl GelActiv Insoles, my

feet don't have to suffer in the name of vanity! They make me feel light on my feet and full of energy all day long, so after a busy shoot, I'm looking forward to going out in the evening – and to doing it all again the next day.'

Keep a pair of Scholl GelActiv Insoles in all your flat footwear. Choose from Everyday Insoles, which double the comfort in your shoes, Sports Insoles to reduce stress on the lower body joints, and Work Insoles with cooling vents to keep feet dry and feeling fresh.



Thanks to Scholl, my feet feel comfortable all day long – and I have more energy, too! 'When I'm on a shoot I can be on my feet for several hours at a time, so I need my feet to feel as comfortable as possible' says Milly



LUXURIOUS COMFORT

Scholl GelActiv Insoles for women and men are designed to support every part of your foot: the blue gel provides shock-absorption, the softer gel cushions the ball of your feet and the firmer yellow gel supports your arches. To find out more, visit scholl.co.uk.





Style, ATANY 38

Pick and mix old favourites with new trends to create your own look, says
Fashion Editor at Large ANGELA KENNEDY



Fine craftsmanship, an eye-watering CHOICE OF LEATHERS.

interchangeable buckles to suit every whim... ELLIOT RHODES knows everything there is to know about belts. His London shops are treasure troves and a new online service makes it easy to get a belt you virtually design yourself. Metallic leather belt with choice of buckle, £104.50, elliotrhodes.com.



INDUSTRY INSIDER



'The mule is the key shoe this season,' says John Lewis Womenswear Buyer

Jo Bennett. 'I'll be teaming mine with pared-back monochrome separates or dressing up with a knee-length dress. They add a touch of sophistication to every outfit, and the super-comfortable chunky heel means I can wear them from day to night.'



IT FITS!

If you're always searching for the perfect little black swimsuit, we've done the legwork for you.

Ruched, with a supportive lining for a flattering fit, it really does suit all body shapes. And when you're bored with black, go for one of several printed options.



Having designed fashion, fragrance, homewares and even confectionery, it's time for a watch collection from Orla Kiely, queen of creative pattern. Combining classic chic with techno skill, there are 15 styles to choose from, £89.95 each, orlakiely.com (from end August).



IF YOU BUY
ONE THING
THIS MONTH
bucket bag



Smarter than a backpack, cooler than a tote – practical chic for the urban traveller, the bucket bag comes in all sizes, textures and colours. At Accessorize, fringed bags swing alongside tapestry duffels, while LK Bennett's Jenna bag comes in bold brights.



Horals

★ Go full-on floral for your party table, with vibrantly printed napkins and cushions, and vases of foliage

* Flowers strewn over the table add a romantic touch

BELOW Similar ceramic lantern available from notonthehightstreet. com. Bright Glass hanging jar, £7.96 for set of four multicolour, Decorexi (decorexi.co.uk). Storm lanterns in Dijon yellow and taupe, £29 each, Toast (toa.st/uk). Ribbon, from £2.40 a metre, W Rouleaux (vvrouleaux. com). Other items, stylist's own



ABOVE Embroidered butterflies tablecloth, £79.99, napkins, £19.99 for four, Wild Flower dishes, £29.99 for four, and dinner plates, £29.99 for four, ice cream dishes, £6.99 each, Flower Glass goblets, £6.99 each, tumblers, £5.99 each, engraved

cutlery, from £5.99 for a teaspoon, diamond pattern jug, £15.99, decorative tray with mirror (under jug), £29.99, vase, £39.99, flowers napkin ring, £9.99 for two, and blue flower-shaped bowl, £9.99, all Zara Home.
Other items, stylist's own

Lanterns

- * Use ribbon or thick string to hang lanterns from trees
- * Suspend lanterns at different levels to add interest
- * Have a mix of lanterns in, say, glass, metal or china





ABOVE LEFT Tablecloth made up in Hayden linen, £82 a metre, Jane Churchill (janechurchill.com). Verdi dinner plate, £14, Oka (okadirect.com). Wedgwood Butterfly Bloom tea plate, £60 for four, John Lewis. Similar cutlery from Oka (okadirect.com). 'Please sit here' tags, £5.95 for six, Liberty. Ribbon, from £2.40 a metre, VV Rouleaux (vvrouleaux.com)

ABOVE RIGHT Runner and chair cover made up in Amilie Liara, £43 a metre, Harlequin (harlequin.uk. com). Auberge gingham tablecloth, from £19.50, and napkin (on plate stack), £15 for four, Walton & Co (waltonsofyorkshire.co.uk). Sundae dishes, £19 each, cream plates, £15 each, candlesticks, from £22 each, and bobble jug, £95, all I &JL Brown (brownsantiques. co.uk). Pink tumblers, £8 each, and Perigord goblets, £7 each, all Heal's (heals.co.uk). Other items, stylist's own

Dining area

- Hang lanterns to create a dreamy place to sit outdoors
- Mismatched cushions and jam jars for flowers give pleasing informality
- * Maintain a simple colour scheme with neutral wooden furniture and white accessories
- * Tie a generous length of ribbon around napkins
- * Lay a stem of scented flowers next to place settings as a pretty finishing touch
- * Mix and match china designs
- * Use tags for place cards
- * Layer cloths in different patterns floral and check, for example
- * Make loose covers for dining chairs
- * Shatterproof melamine is a great choice for outdoor dining

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* Take a bit of interior design outside by adding a chandelier and an assortment of pretty cushions to your garden setting

* White accessories like pots, lanterns and jugs are a perfect contrast with bright pink blooms



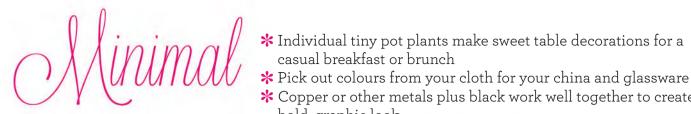
Flower ties



LEFT On table (left to right): jug, £13.99, metal filigree medium pot, £16.99, small pot, £9.99, large pot, £16.99, square lantern, £16.99, large round lantern, £19.99, oval pot, £19.99, rectangular planter, £25, and lantern with heart cutout £12.99 for two; cushions (left to right): Ditsy patchwork in fuchsia, £25, ivory floral seat pad, £12.99, red floral, from a selection, floral bird embroidered, £19.99, and patchwork in turquoise, £25, all Retreat Home (retreat-home.com). Chandelier, find similar at Christopher Wray London (christopher wray.com)







- * Copper or other metals plus black work well together to create a bold, graphic look



ABOVE Arc garden dining table, £1,200, and garden chairs, £460 each, all Go Modern (gomodern.co.uk)

RIGHT Espina Eucalyptus eight-seater dining table. £399, dining chairs, £150 a pair, all John Lewis

Cool shades

Let your garden do the talking by keeping furniture low key. Sleek white pieces have a contemporary look; rattan chairs give a vintage feel

Dirt has nowhere to hide

Millian Maria

AIRBELT E



The NEW SEBO AIRBELT E Range

The strong, silent type

Take your cleaning to a new level with the **SEBO AIRBELT E** vacuum cleaner. The super-quiet, yet extremely powerful motor, variable suction, free-rolling castors, long cleaning range and easy to hold handle, make cleaning much easier... and quieter. It looks good too!

SEBO. Tough on dirt.













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- * Hang lengths of bunting over your dining table
- * Fill pots with cut flowers
- * Bright furniture looks cheerful by day, exotic by night - why not paint each chair a different colour...
- * ...and choose yet another shade for the table?
- * Invest in a portable

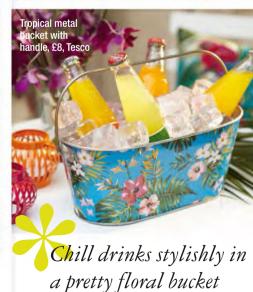


Barbecue

Colour blocking

ABOVE Jive table, £139, chairs, £40 each, navy melamine bowl, £3.50, mini tapas board, £10, Ash salad servers, £8, Vero cutlery, from £2 for a teaspoon, plain dinner plates, £10 for four, Croft linen napkins, £5 each, wine cooler, £20, nut bowl £6, and tangerine bowl candle, £10, all John Lewis. Other items, stylist's own

RIGHT Bucket barbecue, £19.50, and acrylic soda tumblers, £9.50 for four, Marks & Spencer. Other items, stylist's own



GOOD LIVING



ropical

- * Create a cool place to sit with the help of classic dark furniture and an elegant parasol
- * Add plenty of tropical plants to evoke a holiday atmosphere, whatever the weather
- * Monochrome prints look glamorous mixed with gold
- * Keep a basket on hand outside to store essentials like blankets

DESIGN QUEEN



Interior designer Nina Campbell shares her ideas on successful outdoor entertaining

- I always prepare my garden and also the dining room to host guests - just in case the weather lets me down. Link the two spaces with similar colours and patterns.
- Cushions and seat pads add colour to your garden, and the extra comfort will encourage guests to stay longer. If you run out of chairs, use pouffes and oversized cushions.
- ◆ A parasol in a coordinating fabric will provide shade and help define your outdoor dining space.
- Create zones so guests can mingle - perhaps a casual seating area, a space for drinks, a table for salads and another for pudding and fresh fruit.
- ◆ Outdoor lighting is a must and is a practical way of extending the time you can spend outdoors.
- ◆ A cocktail trolley is ideal for Summer entertaining. Filled with glasses, ice and Pimm's, it can be wheeled back indoors to top up.
- ◆ Flowers are always on my table when entertaining, indoors or out.
- ◆ Ditto scented candles. Use them in lanterns and colourful glass votives for an atmospheric touch.





ABOVE LEFT Dahlia granite base, £49, for three, and striped

ABOVE RIGHT Sailboat plates, £7.99 each, cut-glass goblet, £6.99, blue glass tumbler, £3.99, geometric design bowls, £9.99 each, cutlery, from £4.99 for a teaspoon, and linen napkins, £19.99 for four, all Zara Home. Other items, stylist's own

table and six chairs, £999, parasol, £109, blurred floral cushion, £15, sisal baskets, £45 table runner, £15, all Marks & Spencer. Other items, stylist's

STORE EXPERT



We asked Nicola Gidlow, buyer for John Lewis' Outdoor Living, how to choose the outdoor furniture that's right for you

- Consider the size of your outdoor space and how you are going to use it. Modular furniture works well if you enjoy casual entertaining. If you prefer sitting round a table, an extendable design and stacking chairs offer flexibility.
- Furniture that can be stacked, folded or flipped is great for small spaces.
- If your table and chairs need to stay outdoors all

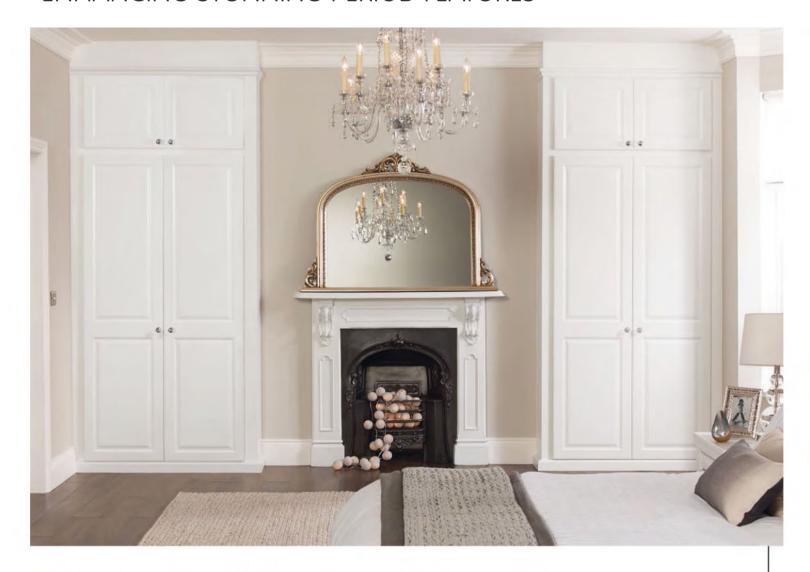
- year long, make sure you choose a weatherproof material such as synthetic weaves, treated metal or woods that weather well.
- ◆ From solar stakes and table-top tealights to string lights that you can hang on trees, the right lamps add a sense of drama.
- ◆ Make your barbecue the focal point, or invest in a firepit to max out the garden into the evening.

130 GOOD HOUSEKEEPING AUGUST 2015





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The Control of Carly planning, you can have a holiday garden

at home that can cope when you go away...

Drought resistant yuccas

RIGHT PLANT, RIGHT PLACE
The mantra for a successful garden is to stick to plants
that enjoy your conditions, and give their best without
needing too much care and attention, says designer
Jackie Michelmore, whose beautiful Devon garden this is.
For her, grasses, herbs and fragrant Mediterranean shrubs
evoke a free-and-easy seaside feel. What's more, they
don't need feeding or supporting or pruning – and, once
they're established, they won't even need watering. Grasses

work especially well, bringing movement and texture to

the garden as they ripple in the wind.

Position seats in sun or shade where you han drink in the view

CREATE A HIDEAWAY

Every garden needs a sheltered place to sit out of the wind with a pleasant vista. A sheltered corner, hidden from the house, can be the perfect spot to sneak off to for a little private time. Even if you can only get out into the garden for a 10-minute break with a cuppa, you'll enjoy your space.



SELF-SUSTAINING CONTAINERS

A profusion of pots is typical in a Mediterranean garden, but can create a lot of work. If you don't want to be a slave to watering, forget Summer blooms and cram your pots with succulents. The colours are subtle, the forms are beautiful, and they will survive days, even weeks, without attention.

KEEP IT SIMPLE

Choose a small range of plants that work well for you, and use them throughout the garden. Not only is it less work, it brings unity and rhythm to your scheme, as well as a sense of ease – no one can feel peaceful in a busy, hectic garden.

For seating, use good-quality hardwood decking and teak furniture that weathers gracefully. Let moss and lichen grow freely, turning garden furniture into pieces of natural sculpture.



Aeoniums ma

plants, but r

WEEDS OUT

Plant new borders through weed-suppressing fabric, then mulch with pebbles. They never need topping up, and create a pleasingly beachy look. Elsewhere, encourage blanketing plants like oregano or sea pinks that cover the soil, leaving no room for weeds.



MEDITERRANEAN NIGHTS

In a sheltered part of the garden, a sunken courtyard transports you straight to the Med. A vine-clad loggia features rough stone walls to trap the scent of fragrant shrubs and is decorated with pots of agapanthus. It provides a beautiful al fresco dining room – thoughtfully equipped with a fireplace so it can still be enjoyed when the night grows chilly.





To claim a £5 voucher* Visit www.AcanaPetFoods.co.uk/6040



MAXIMISE YOUR VIEW...

Every vista can be improved with careful framing. Use strategically placed trees to shape the outlook and add perspective. Cloud-prune hedges into soft shapes to echo the contours of distant hills or the movement of water. If you'd rather not see out, try lifting the canopy of shrubs and trees to create intriguing layered views within the garden itself.

Low-maintenance grasses provide subtle colour and texture

Frame a view with strategically placed trees and subdued planting

PLANTS THAT JUST GET ON WITH IT!

PHEASANT'S TAIL GRASS

Evergreen anemanthele lessoniana thrives in any soil, sun or shade, requiring no more attention than a comb-through in Spring. It seeds around generously, so you may need to edit out unwanted babies, but nature tends to place them more cleverly than we ever could.

An easy care, self-seeding daisy

MEXICAN FLEABANE

This bomb-proof daisy (erigeron karvinskianus) is another great self-seeder, flowering all Summer long. Ideal for softening steps, walls and paths, simply shear it to the ground in Winter and it will pop up again cheerfully the following Spring.



SPURGE

Fleshy, evergreen euphorbia myrsinites looks amazingly exotic, but is actually hardy in all but the coldest areas. Once this perennial is established in a sunny, well-drained spot, it will grow and spread with no attention at all. Lime-coloured bracts in Spring turn pink as they dry.

ROSEMARY

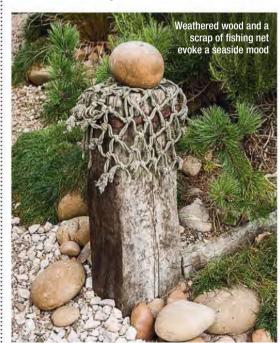
Both the upright and prostrate varieties are invaluable, offering evergreen structure, fabulous fragrance and long-lasting flowers in Spring. 'Capri', in particular, is a very neat, arching prostrate rosemary that grows quite slowly and never sprawls untidily.



GO BEACHCOMBING

Cloud-pruned blackthorn creates a solid background for sprawling Euphorbia wulfenii and billowing grasses

Relive that sand-between-your-toes feeling with treasures from your holidays – brightly-coloured buoys and fragments of fishing net, interesting driftwood, shells or pebbles.







MAKE A **MEADOW**

Lawns can be time consuming. While you might not wish to get rid of it altogether, you can let most of it grow into meadow, saving hours of maintenance. Just mow winding paths through the long grass once a week, then cut the whole lot down in September. If you do go away for a week or two, it's not much bother to recover the path - and it's certainly not so obvious as a bowling green that needs cutting!

enough to play croquet on OUR GOOD GADGET GUIDE FOR WHEN YOU'RE AWAY

♦ Weave the RHS **Irrigation Soaker** Hose (below left), from £19.99 for 15m, (waterirrigation.co.uk) through flowerbeds or across veg patches before you head off on holiday. The porous hose releases water along its entire length so the whole area gets a good soak.

Good Housekeeping

♦ Set a timer (such as Kingfisher Watering Timer, £12.45 from primrose.co.uk) on your garden tap to turn it on once a day.



♦ Keep plants in pots from drying out with a Watering Stone (below centre). £12.99 for two (thepresentfinder. co.uk). These inconspicuous glass pebbles sit directly in the plant pot, slowly releasing 270ml of water into the soil – we found they worked for up to five days.

♦ Go high-tech with the Karcher SensoTimer ST6 Duo Ecologic (below right), £139.99



(kaercher.com/uk), which allows you to programme exactly when you want your garden to get a good shower, thanks to a timer that attaches to your outdoor tap. It works with two hoses, so every part of the garden can be reached. Even smarter? Two wireless sensors measure the soil's humidity and adjust the amount of water it receives, so it's never over- or under-watered.

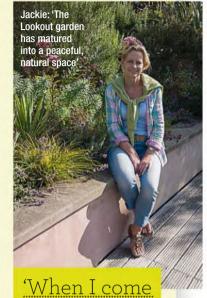
Jackie keeps only a small area of formal lawn – just



'I LOVE OUR STAYCATION HAVEN'

Garden designer Jackie Michelmore has turned an unpromising coastal plot into a relaxing retreat that she can enjoy every day of the year.

'It was an old mussel purification plant on the Exe estuary in Devon, covered in rubbish, with three vast concrete-lined pits in the ground. The sea wall that should have protected the site had crumbled, and was in urgent need of repair. Taking it on seemed like madness, but one look at the view convinced us. This was where we would build our dream home and create a beautiful wild garden one that was easy to maintain, welcoming to



out into the garden, it lifts my mood ın moments'

wildlife and respectful of the magnificent scenery all around us. I'd always dreamt of living by the sea and, at that moment, my Lookout garden was born.

I can't pretend there wasn't a colossal amount of work at the beginning. A thousand lorry loads of rubble and soil had to be brought in to stop the garden falling into the sea. We had to find inventive ways to deal with the old industrial infrastructure - one of the pits we filled with sand and turned into a court for beach volleyball. And the site had to be cleared of a decade's worth of fly-tipping, brambles and viciously prickly blackthorn shrubs.

But 15 years on, this degraded strip of land has matured into a peaceful, natural space



where I feel deeply in touch with the constantly changing views and the shifting seasons. When I come out into the garden, feel the sun on my face and see the water sparkling, it lifts my mood in moments. It's like being on holiday every day of the year.'

Best of freeds

Your pets mean the world to you, so help to keep them healthy with a one-stop solution to unwanted guests

leas and ticks can make life a misery, not only for pets but for people, too. From the UK's number-one name in flea and tick protection*, Frontline® Spot On kills fleas and ticks and helps prevent the diseases they can transmit.

As a concerned owner, it's best to treat all dogs or cats in the household monthly throughout the year for continuous flea and tick protection. Don't wait for signs of trouble – a female flea can lay up to 50 eggs a day, so numbers can increase rapidly before you know they're there. Frontline Spot On is designed to kill fleas and ticks by direct contact, without being absorbed into the animal's bloodstream. It couldn't be easier

Our rescue dog, Maggie, is a huge part of our family, and her welfare is a priority. With Frontline, all pet owners can enjoy the good times

this Summer'
Ruth Langsford, TV presenter

to apply – simply part your pet's coat and place the tip of the pipette on to the skin. For dogs, apply in one or two places between the shoulder-blades. For cats, apply half at the base of the skull and half 2-3cm further back. Your dog or cat will then be protected from fleas and ticks for the next month. Because Frontline Spot On is water resistant, your dog or cat can be bathed or go swimming 48 hours later, too.

What's more, Frontline has a text and email alert service to remind you when the next treatment is due, so it's never been easier to keep your pet and your home happy and healthy. For more information, visit ukfrontline.com.





- Pets can pick up fleas and ticks from anywhere
- Ticks can transmit disease to both humans and animals, such as Lyme disease
 - Check your pet daily for ticks after they have been outside

HELP AT HAND

Frontline Spot On – the UK's number-one flea and tick protection* – is available from pharmacies, pet stores and online, as well as veterinary clinics. Always talk to your vet if you are worried about your pet's health.



The UK's No.1 flea and tick protection*





HOME TRUTHS

Who lives here?

This is the holiday home of designer Jan Constantine, who first went to Cornwall to be godmother to a friend's baby and fell in love with the county. She has been visiting the area with her husband, David, and their daughters, Camilla and Mary Flora, ever since.

Where is it?

In Port Isaac, north Cornwall, this fisherman's cottage from the 1600s was rebuilt in Georgian times.

The refurb

When the family first moved in, the ground floor was divided into four tiny rooms - it needed lightening up and extending. Several walls were demolished to make one big living space on the ground floor and a new bathroom upstairs. 'It took time and all our patience but eventually we got permission to extend the building, lifting the roof to create a more interesting apex with exposed beams,' says Jan, who designs cushions, throws and tableware. 'By installing a wall of glass doors to span the width of the cottage, we opened up the sea view.'



terrace. The curtains are made from mattress ticking and new Vintage Tattoo Collection. The tall auction and the relaxing and truly a touch of heaven. I around, so I book of my best designs



IN THE READING CORNER

Jan's Seaside cushion collection features a cobalt-blue crab design, which makes this chair an inviting place to sit. The Thonet bentwood rocking chair was found in an antiques shop. The blue striped throw is from Designers Guild.



TABLE CENTRAL In use, the dining table is pulled out from the wall and laid up with Jan's heart bowls. The chairs are 1960s Habitat; striped mats and matching napkins come from Butlers (butlersonline.co.uk).



SHIP TO SHORE

Several of the nautical artefacts on display around the cottage, like the ship in a bottle, were picked up from local shops.



DISH UP THE FISH

The galley kitchen was built by a local carpenter and has a teak worktop with handles to match. It incorporates a butler's sink, blue Smeg fridge and Zanussi oven; the slate floor came from Stone Direct. Reminders of the house's fishing past are displayed on the wall, with additional kitchen equipment on shelves.

ART AND SOLE

Leather boots found in the US epitomise the



TWO'S COMPANY

The guest bedroom with its twin beds overlooks the lane and was recently redecorated in pale grey-blue as a backdrop designed to complement Jan's newest range of cushions and matching bedspreads. The colour theme continues in the gingham curtains.





SECRET SANCTUARY

Space borrowed from the master bedroom made room for this cosy bathroom decorated in tongue-and-groove boarding painted in Parma Gray, by Farrow & Ball. The claw-foot bath was found in a reclamation yard (see Victoria Plumb for similar).





Light and shade

Whatever your home improvement project, maximising natural light is essential



n any extension or loft conversion, one key element will transform the space: the right amount of natural light and heat. Finding the correct blinds for your roof windows isn't always straightforward – but the Velux collection can help.

The wide Velux range means you'll be able to control the amount of heat and light in every room, with styles including awnings, roller shutters and Venetian blinds. For bedrooms, you can choose from a broad selection of blackout blinds to ensure a good night's sleep, while in living rooms you can soften the light to create a relaxed atmosphere, with semi-opaque pleated or Roman blinds. Yet another option is energy-saving blinds, with double-pleated backing for extra warmth and insulation. Electric versions are also available, programmed with a touch screen control pad and operated from anywhere in your home.



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G00D*F00D



Give the cook a day off!

HOTOGRAPHY: GARETH MORGANS, RECIPE: ELIZABETH HUTCHINSON, FOOD STYLING: SUZANNAH BUTCHER, PROP STYLING; JENNY IGGLEDEN. ADDITIONAL PHOTOGRAPHY: MARTIN POOLE, MYLES NEW, ALAMY

If it's hot, hot, hot, stay out of the kitchen. Here's how...



You'll never guess

A secret way to five a day with these chic bakes



Fruit treat

Our recipe for one of Summer's delights, tarte au citron. Plus the best ready-made versions





Standing over a hot stove on a Summer's day is no fun. But these delectable Triple-Tested recipes can be made without turning on the oven or hob—so you can keep your cool and enjoy your evening!

PHOTOGRAPHY MARTIN POOLE



Lentil and Ham Salad



GH TRIED & TESTED RECIPES



Vietnamese Chicken Salad

This works well with leftover roast chicken, or you could use roast beef or pork.

Hands-on time 30min. Serves 6

- ♦ 150g (50z) dried rice noodles
- ♦ ½ cucumber
- ♦ ½ small white cabbage, finely shredded
- ♦ 2 carrots, coarsely grated
- ♦ 300g (11oz) cooked skinless chicken, shredded
- ♦ 3 spring onions, finely sliced
- ♦ 1-2 red chillies, deseeded and sliced into rings
- ♦ Large bunch coriander, chopped
- Small handful mint, chopped
- ♦ 50g (20z) salted roasted peanuts, chopped
- ♦ Lime wedges, to serve

FOR THE DRESSING

- 3tbsp light brown sugar
- 4tbsp fish sauce
- 4tbsp lime juice
- 3tbsp white wine vinegar
- 1 garlic clove, crushed
- 1 Put noodles into a large heatproof serving bowl, cover with freshly boiled water from the kettle and set aside for 3min. In a sieve, drain noodles, then rinse under cold water. Tip back into the serving bowl.
- 2 In a separate small bowl, combine the dressing ingredients and set aside.
- **3** Halve the cucumber lengthways, scrape out and discard seeds, then slice. Add to the noodles with the cabbage, carrot, chicken, spring onions, chilli and most of the herbs.
- **4** Add dressing to noodle mixture and toss to combine. Sprinkle over reserved herbs and peanuts. Serve with lime wedges.

PER SERVING 260cals, 18g protein, 5g fat (1g saturates), 34g carbs (13g total sugars), 3g fibre

Lentil and Ham Salad

If you can't find shredded ham hock, order a thick piece of ham from the deli counter at the supermarket and shred it with two forks.

Hands-on time 15min. Serves 4

- ♦ 125g (4oz) frozen peas
- 250g pack cooked Puy lentils – we used Merchant Gourmet
- 90g pack cooked ham hock
- 2 celery sticks, finely chopped
- 175g (6oz) cherry tomatoes, halved
- ♦ 1 red onion, finely sliced
- Large handful flat-leafed parsley, roughly chopped
- ♦ 50g (20z) peashoots FOR THE DRESSING
- ♦ ½tsp wholegrain mustard
- 1tbsp red wine vinegar
- ♦ 2tbsp extra virgin olive oil
- 1tbsp runny honey

- 1 Put peas into a large heatproof bowl and cover with freshly boiled water from the kettle. Set aside to defrost.
- 2 In a separate small bowl, mix together the dressing ingredients and season.
- 3 In a sieve, drain the peas, then return to the empty bowl with the lentils, ham, celery, tomatoes, onion and parsley. Toss through the dressing and check the seasoning.
- 4 To serve, scatter the peashoots over a large serving platter and spoon over the lentil mixture.

PER SERVING 234cals, 15g protein, 6g fat (1g saturates), 23g carbs (8g total sugars),

Sweetcorn Chowder

Don't care for smoked mackerel? Use crispy bacon or avocado, if you prefer, to top this cheat's chowder.

Hands-on time **15min**. Serves **4**

- ♦ 1 vegetable stock cube
- ♦ 75g (3oz) cashew nuts
- 2 x 340g tins sweetcorn, drained
- Small bunch parsley, chopped
- Small bunch chives, snipped
- 225g (80z) smoked mackerel, skinned and flaked
- 1 Dissolve the stock cube in 600ml (1 pint) freshly boiled water from the kettle. Set aside a few of the cashew nuts, 1tbsp

sweetcorn and some of the herbs to use as a garnish.

- 2 Pour the stock into a blender, add remaining cashews, sweetcorn and herbs. Blend until smooth, then check the seasoning.
 3 Divide among four warm
- bowls and top with the mackerel. Serve garnished with the reserved cashews, sweetcorn and herbs.

PER SERVING 482cals, 19g protein, 28g fat (6g saturates), 36g carbs (13g total sugars), 4g fibre

No-cook Bean Burger Even meat-lovers will be satisfied with these substantial burgers. Our recipe makes eight, but they do keep well in the fridge.

Hands-on time 25min, plus chilling. Serves 8

- 400g tin kidney beans, drained
- 400g tin black beans, drained
- ½tsp ground cumin
- 2tbsp chipotle paste
- 4 spring onions, trimmed and roughly chopped
- Small bunch coriander, roughly chopped
- 150g (50z) roasted red peppers from a jar, drained
- 75g (3oz) crispy fried onions, crushed – we used French's
- 250g pack cooked quinoa we used Merchant Gourmet
- 100g ($3\frac{1}{2}$ oz) cherry tomatoes
- Pinch of sugar
- 8 burger buns
- 2 little gem lettuces, leaves separated

1 In a food processor, whiz the beans, cumin, chipotle paste, spring onions, half the coriander and 50g (2oz) of the red peppers to make a thick, coarse purée.

2 Tip into a large mixing bowl and stir through the remaining coriander, 25g (1oz) of the crispy fried onions and the cooked quinoa. Season to taste, then form into eight even patties. Transfer to a plate, cover and chill for at least 20min to firm up. 3 Roughly chop the remaining red peppers Put into a serving bowl

4 Split and toast the buns in the toaster. Meanwhile, press the remaining crispy fried onions on to the patties. Serve in the buns with the lettuce and the red pepper mixture. PER SERVING 318cals,

13g protein, 9g fat (3g saturates), 44g carbs (4g total sugars), 8g fibre

GET AHEAD

our guarantee to you that they'll work!

measuring spoons and accurate scales

Remember always to use calibrated

for ultimate success.

Prepare to end of step 2, then cover and chill. up to 5 days ahead. Complete recipe to serve.



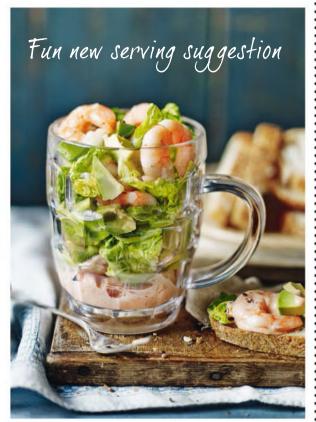
feature until they're happy it's perfect.

makes it again to ensure the method is

foolproof (at which stage the food is also

Another member of the team then





Pint O'Prawn Cocktail

The classic prawn cocktail gets an update with the addition of hot smoked salmon. It's served pub-style with crusty bread, so you can spoon on the cocktail ingredients.

Hands-on time 15min. Serves 4

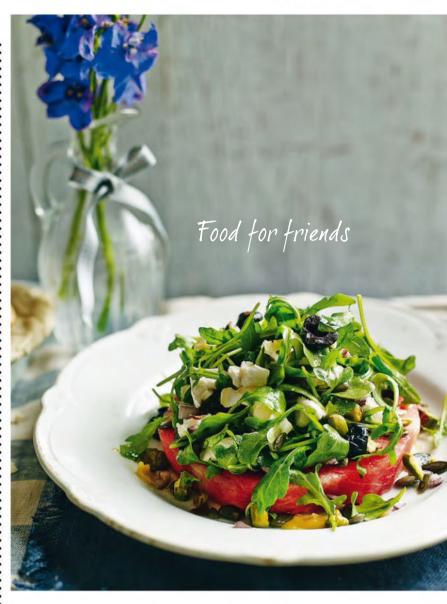
FOR THE MARIE ROSE SAUCE

- 6tbsp mayonnaise
- 3tbsp ketchup
- Pinch of paprika, to taste
- Dash of Tabasco, to taste

FOR THE SALAD

- ♦ 2 fillets of hot-smoked salmon, skinned and flaked
- ♦ 2 x 150g packs cooked and peeled king prawns
- 3 avocados, peeled, stoned and chopped
- Juice of 1 lemon
- 4 little gem lettuces, trimmed and chopped
- Crusty bread, to serve
- 1 In a medium bowl, mix together the mayonnaise and ketchup, adding the paprika, Tabasco and some seasoning to taste. Spoon half the Marie Rose sauce into a little bowl to serve alongside the seafood cocktail.
- 2 Add the hot-smoked salmon and a third of the prawns to the remaining sauce and mix together. Divide the mixture among four pint glasses or serving glasses.
- **3** In a clean medium bowl, toss avocados in lemon juice. Add remaining prawns and the gem lettuce; toss together.
- **4** Divide among the glasses. Serve with the reserved Marie Rose sauce and crusty bread.

PER SERVING 573cals, 36g protein, 43g fat (8g saturates), 7g carbs (6g total sugars), 6g fibre



Watermelon Steak Salad

Use a metal skewer to poke out seeds from the watermelon steaks. We served our salad with toasted pitta breads.

Hands-on time 20min. Serves 4

FOR THE DRESSING

- ♦ 1tsp Dijon mustard
- ♦ 1 small garlic clove, crushed
- 1tsp caster sugar
- 3tbsp extra virgin olive oil

FOR THE SALAD

- ▶ 100g (3½oz) rocket
- 50g (2oz) pitted black olives, roughly chopped
- 50g (2oz) pumpkin or sunflower seeds
- ½-1 red onion, finely chopped
- 40g (1½oz) unsalted pistachios, roughly chopped
- 2tbsp freshly chopped mint
- 2kg (4½lb) whole watermelon
- ♦ 150g (5oz) goat's cheese
- ♦ Pitta breads, to serve

- **1** In a small bowl, mix together dressing ingredients. Season and set aside.
- 2 In a large bowl, mix together the rocket, olives, seeds, onion, pistachios and mint. Set aside.
- 3 Leaving the skin on, cut four 2.5cm (1in) slices from the mid section of the watermelon (use any leftover fruit for a fruit salad). Cut the skin off each slice so you are left with watermelon 'steaks', then pick out and discard the black seeds.
- 4 Chop or break up goat's cheese into bite-size pieces. Add to the rocket bowl with the dressing and toss together. Put a watermelon steak on to each plate and top with the rocket salad. Serve with toasted pitta bread, if you like.

PER SERVING 456cals, 15g protein, 32g fat (10g saturates), 25g carbs (23g total sugars), 3g fibre □



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MAKING SPACE MORE VALUABLE

No one will guess that fresh vegetables are a hidden ingredient in each of these incredible Triple-Tested treats. What a brilliant way towards your five a day!

PHOTOGRAPHY MYLES NEW



Little Lemon and Thyme Loaves

These little loaves are reminiscent of lemon drizzle cake, and the addition of courgette and thyme gives them even more character. We used a 12-hole, loose-based mini loaf tin from lakeland.co.uk

Hands-on time **30min**, plus cooling. Cooking time about 30min. Makes 12 mini cakes

FOR THE CAKES

- ◆ 150ml (5fl oz) sunflower oil, plus extra to grease
- ♦ 175g (6oz) caster sugar
- 2 medium eggs
- 200g (7oz) self-raising flour
- ♦ ½tsp bicarbonate of soda
- Finely grated zest of 2 lemons
- Juice of 1 lemon
- 175g (6oz) courgettes, coarsely grated (skin on)
- ◆ 1tbsp chopped lemon thyme leaves

FOR THE ICING

- 225g (8oz) icing sugar
- 3tbsp lemon juice
- Lemon thyme sprigs, to garnish

- 1 Preheat oven to 180°C (160°C fan) mark 4. Lightly grease the 12 mini loaf holes. Alternatively. line 12 holes of a muffin tin with paper cases.
- 2 In a freestanding mixer or large bowl using a handheld electric whisk, beat the oil, caster sugar and eggs for a couple of minutes. Using a large metal spoon, fold in the flour, bicarbonate of soda, lemon zest and juice, courgettes and lemon thyme.
- 3 Divide cake batter among the holes/cases and bake in the oven for 25-30min or until lightly golden and a skewer inserted into the centre of a cake comes out clean. Cool in tin on a wire rack.
- 4 When cakes are cool, make the icing. Sift the icing sugar into a medium bowl and mix in the lemon juice. Remove cooled cakes from tin and top with the icing. Garnish with sprigs of lemon thyme.

PER MINI LOAF 289cals, 3g protein, 10g fat (1g saturates), 46g carbs (34g total sugars), 1g fibre

TO STORE Store iced cakes in a single layer in an airtight container for up to 3 days.

Clever Chocolate Cake

This impressive centrepiece will have guests begging for the recipe. The addition of parsnips helps keep the cake soft and moist.

Hands-on time **45min**, plus cooling and chilling. Cooking time about **1hr**. Serves **10**

FOR THE CAKE

- 175g (6oz) unsalted butter, softened, plus extra to grease
 100g (3½oz) white chocolate, chopped
 175g (6oz) caster sugar
- 300g (110z) plain flour

- 2tsp baking powder
- 4 medium eggs, lightly beaten
- Finely grated zest and juice of ½ large orange
- 200g (70z) parsnips, peeled and coarsely grated

FOR THE DECORATION

 175g (6oz) white chocolate, chopped

FOR THE ICING

- 150g (5oz) unsalted butter, softened
- 250g (9oz) icing sugar
- Finely grated zest and juice of ½ large orange, keep separate
- 1 Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 20.5cm (8in) round cake tin with baking parchment. 2 For the cake, melt the chocolate in a heatproof bowl set over a pan of simmering water. When melted and smooth, take bowl off heat and set aside to cool for 15min.
- 3 In a freestanding mixer or large bowl using a handheld electric whisk, beat the butter and sugar until light and fluffy about 5min. Sift flour and baking powder into a separate bowl and set aside.
- 4 With the motor running, gradually add eggs to the butter mixture (adding [CONTINUED OVER PAGE]



GH TRIED & TESTED RECIPES

[CONTINUED FROM PREVIOUS PAGE] a tablespoon from the flour bowl if the mixture looks as if it might curdle). Fold in remaining flour mix, orange zest and juice, grated parsnips and the melted chocolate. 5 Scrape cake mixture into the prepared tin, level the surface and bake for 55min or until a skewer inserted into the centre comes out clean. Leave to cool for 10min in the tin before removing and cooling completely on a wire rack. 6 For the decoration, line a large baking sheet with baking parchment. Melt the white chocolate as before. When smooth, spread the chocolate on to the lined sheet in two rectangles roughly 35.5cm x 7.5cm (14in x 3in). Chill for 10min. 7 Using a large, non-serrated knife, trim the edges of the rectangles to neaten, then cut across them in parallel lines to make small strips about 3cm (1¼in) wide (if too much chocolate sticks to the knife, chill sheet for a further 2min). If you like, trim one end of each strip at an angle, then chill until completely solid. 8 When the cake is cool, make the icing. In the freestanding mixer or using a handheld electric whisk, beat the butter until completely smooth. Sift in the icing sugar and add orange zest. Starting slowly to avoid a cloud of icing sugar, beat until smooth. Add enough orange juice to get an icing that has a good spreading consistency - about 1tbsp. Set aside.

9 To assemble, split cake in half horizontally and spread just under half the filling over the top of the base. Top with the second half of the cake, then spread most of the rest of the filling over the top in a neat,

even layer.

10 Use remaining filling to spread a scant covering over the side of the cake (to act as glue). Stick chocolate shards on to the side, overlapping slightly. Serve cake in slices.

PER SERVING 712cals, 8g protein, 38g fat (23g saturates), 83g carbs (60g total sugars), 3g fibre TO STORE Any leftover cake will keep in the fridge for up to 2 days. Allow to come up to room temperature before serving.



Natural Red Velvet Cake

Cocoa meets beetroot in this cake, giving it earthiness and tang. Beetroot naturally gives the velvet cake its distinctive shade without the need for any food colouring.

Hands-on time **35min**, plus cooling. Cooking time about **1hr 10min**. Serves **10**

FOR THE CAKE

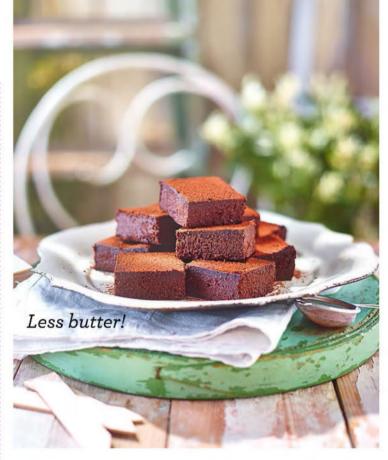
- 125g (4oz) unsalted butter, softened, plus extra to grease
- 250g (9oz) raw beetroots (peeled weight), coarsely grated
- ♦ 75ml (3fl oz) buttermilk
- lacktriangle 1½tbsp white wine vinegar
- ♦ 1tsp vanilla extract
- 200g (7oz) caster sugar
- 250g (9oz) plain flour
- 2tbsp cocoa powder
- ♦ 1½tsp baking powder
- 2 large eggs

FOR THE ICING

- ♦ 100g (3½oz) unsalted butter, softened
- ♦ 350g (12oz) icing sugar, sifted
- ♦ 1tsp vanilla extract
- 175g (6oz) full-fat cream cheese, at room temperature – we used Philadelphia
- 1 Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 900g (2lb) loaf tin with baking parchment.
- 2 For the cake, in a food processor whiz the grated beetroot, buttermilk, vinegar and vanilla to a pulpy purée. Add butter, sugar, flour, cocoa, baking powder and eggs and whiz to combine. 3 Pour mixture into the prepared tin and bake for about 1hr-1hr 10min or until a skewer inserted into the centre comes out clean. Leave to cool in tin for 30min, then remove from the tin and cool completely on a wire rack. 4 When cool, make the icing. In a freestanding mixer or using a handheld electric whisk, beat the butter, half the icing sugar and vanilla in a large bowl until completely smooth (go slowly at first to avoid a cloud of icing sugar). Add the remaining icing sugar and the cream cheese and beat until just combined (do not overmix or icing may become too loose).
- 5 To assemble, slice the cooled cake in half horizontally; reserve crumbs. Use half the icing to sandwich the cake halves back together, then top with remaining icing and sprinkle with crumbs.

 PER SERVING 592cals, 6g protein, 29g fat (18g saturates), 76g carbs (57g total sugars), 2g fibro

TO STORE Iced cake will keep in an airtight container in the fridge for up to 3 days. Allow to come to room temperature before serving.



Saintly Chocolate Brownies

This recipe uses aubergine to replace much of the butter normally found in brownies, resulting in a dense and fudgy texture. Make sure your chocolate is finely chopped to melt into the warm aubergines.

Hands-on time **30min**, plus optional cooling. Cooking time about **45min**. Cuts into **16 squares**

- 100g (3½oz) unsalted butter, at room temperature, plus extra to grease
- ◆ 300g (11oz) aubergines (peeled weight – about 1½ aubergines), peeled and cubed
- 250g (9oz) dark chocolate, finely chopped
- ♦ 250g (90z) light brown soft sugar
- ◆ 50g (20z) cocoa powder, plus extra to dust
- ♦ 4 medium eggs, beaten
- ♦ 50g (20z) ground almonds
- ♦ ½tsp baking powder
- 1 Preheat oven to 180°C (160°C fan) mark 4. Lightly grease and line a 20.5cm (8in) square tin with baking parchment.
- 2 Put aubergines and 275ml (10fl oz) water into a medium pan

- with a tight-fitting lid and cook, covered, over low heat for 15min until soft. Drain well.
- 3 Add chopped chocolate and butter to the aubergines, stirring until melted. Scrape into a food processor and blend until smooth. Add sugar and cocoa powder and blend again. Scrape down the sides, then add the eggs, almonds, baking powder and ¼tsp salt. Pulse to combine.
- 4 Pour mixture into the prepared tin and bake for 30min until the surface feels firm to the touch and has a good shine.
- 5 To serve warm, carefully remove from tin, dust with cocoa powder and slice into 16 squares. To serve at room temperature, leave brownies to cool completely in tin on a wire rack. Remove from tin, dust with cocoa powder and cut into 16 squares.

PER SERVING 239cals, 4g protein, 13g fat (7g saturates), 25g carbs (25g total sugars), 2g fibre

TO STORE Store cooled brownies in an airtight container at room temperature for up to 2 days. Alternatively, for a denser, more truffle-like texture, store in an airtight container in the fridge for up to 4 days.





1 Put potatoes into a medium pan, cover with cold water and bring to the boil. Boil for 10min, or until tender enough that you can easily push a knife through them. Drain into a colander set in a sink and leave to steam dry for 10min before mashing (don't worry if there are a few lumps). Set aside. 2 Put flour into a large bowl and mix in the yeast, sugar and a pinch of salt. Make a large well in the centre and crack in the egg. Add mashed potato and melted butter and mix with a wooden spoon until dough begins to come together. Tip on to a floured work surface (reserve bowl) and use your hands to knead dough until smooth and elastic - about 5min. Return dough to the bowl, cover with clingfilm and set aside at room temperature for 1hr to rise. 3 Line a large baking sheet with baking

- parchment. On a lightly floured work surface, knead dough briefly, then roll out until 1cm (½in) thick. Stamp out 7cm (2¾in) rounds (re-roll trimmings) and put on the lined sheets, spacing apart. Cover with a clean tea towel and leave again to rise for 30-35min (they shouldn't look very risen).

 4 Meanwhile, make the filling. Put
- avocado, icing sugar, honey, cocoa powder and vanilla into a food processor and blend until completely smooth. Scrape into a piping bag fitted with a 1cm (½in) nozzle. Chill until needed. Put the 50g (20z) caster sugar into a wide bowl and set aside. **5** Five minutes before the doughnuts have finished their second rise, fill a large pan 1/3 full with oil. Heat over medium heat until 155°C (or until a cube of bread sizzles to golden in 10sec), then turn heat down to low-medium. Fry doughnuts in batches for about 6-7min, turning midway through, until deep golden. Drain on kitchen paper. While still warm, coat in the caster sugar. Set aside to cool. Check the temperature of the oil between batches. 6 When cool, make a hole in the side
- PER DOUGHNUT 244cals, 3g protein, 12g fat (4g saturates), 30g carbs (18g total sugars), 2g fibre GET AHEAD Make avocado filling up to a day ahead. Keep chilled.

of each doughnut with a knife and

pipe in the filling. Serve.

Sweet Potato Tart

Similar to pumpkin pie, this spiced tart has the unlikely addition of sweet potato.

Hands-on time **45min**, plus cooling and chilling. Cooking time **about 1hr 5min**. Serves **10**

FOR THE PASTRY

- ♦ 175g (6oz) plain flour, plus extra to dust
- ♦ 50g (2oz) caster sugar
- ♦ ½tsp ground cinnamon
- ◆ 100g (3½0z) unsalted butter, chilled and cubed
- ◆ 2 medium egg yolks FOR THE FILLING
- ◆ 750g (1lb 10½oz) unpeeled sweet potatoes, about 3 large
- ♦ 175ml (6fl oz) maple syrup
- ♦ 1tsp mixed spice
- 1tsp ground cinnamon
- ♦ 170ml tin evaporated milk
- ♦ 3 medium eggs, beaten

TO SERVE

- ♦ 175ml (6fl oz) double cream
- ♦ 75g (3oz) natural yogurt
- 2tbsp icing sugar
- Pinch of ground cinnamon

1 To make the pastry, pulse the flour, sugar, cinnamon and butter **GH TIP** in a food processor until the mixture resembles fine If you don't have a breadcrumbs. Add egg yolks and microwave, cook pulse again until the mixture pierced potatoes begins to clump together - add up in the middle of to 1tsp cold water if it feels dry. Tip to 200°C on to a work surface and bring together into a disc. Wrap in (180°C fan) clingfilm and chill for 20min. mark 6 for 45min, 2 For the filling, pierce the sweet or until soft potatoes all over with a sharp knife when pressed. or metal skewer. Cook together in the microwave on high (based on 800W microwave) until soft and a knife easily goes through the flesh - start with 10min, then give further 1min bursts if not yet soft. If you don't have a microwave, see GH TIP. Carefully slice potatoes in half lengthways (they'll be hot!) and leave to cool completely.

3 Meanwhile, roll out chilled pastry on a work surface lightly dusted in flour. Use to line a 4cm (1½in) deep, 20.5cm (8in) diameter fluted tart tin (leave excess pastry



hanging over sides). Prick base well with a fork and chill for 30min.

- 4 Preheat oven to 190°C (170°C fan) mark 5. Trim off excess pastry and line tart tin with a large square of greaseproof paper. Fill with baking beans and bake for 15min or until sides are set. Carefully remove beans and paper from tin and return tin to oven for a further 10min or until pastry base feels sandy to the touch. Take tin out of oven and reduce temperature to 180°C (160°C fan) mark 4.
- **5** Scoop out sweet potato flesh from the skins you need 425g (15oz) and discard skins. Put flesh into the cleaned-out food processor. Add maple syrup, spices and evaporated milk and blend until smooth. Scrape down the

sides, add eggs and blend again. Pour enough mixture into baked pastry case (still in its tin) to fill to just below the rim. Bake for 30min or until the filling edges are set and there is a slight wobble in the centre. Cool in tin completely on a wire rack.

an oven preheated 6 To serve, remove tart from tin and to 200°C transfer to a cake stand or plate. In a medium bowl, whip cream, yogurt mark 6 for 45min, or until soft cream mixture on to the tart and sprinkle with ground cinnamon.

PER SERVING 432cals, 7g

protein, 23g fat (13g saturates), 49g carbs (24g total sugars), 3g fibre

GET AHEAD Bake pastry case as described up to a day ahead. Store cooled pastry case (still in tin) wrapped in clingfilm. Complete to end of step 5 up to

4hr ahead. Complete recipe to serve. □



★ THERE'S MORE ONLINE... Love these veggie treats? Don't miss our bonus recipe for Pea and Mint Ice Cream! Visit goodhousekeeping.co.uk/food/recipes/pea-mint-icecream

Fresh flavours



THE LOWDOWN

Tarte au Citron

All hail the lemon tart! Here's our recipe, the best in the shops, and more Summer treats...



45p* per serving

MAKEIT

ULTIMATE TARTE AU CITRON

Takes about 1hr 25min, plus chilling and cooling. Serves 8

In a food processor, pulse 200g (7oz) plain flour, 50g (20z) icing sugar and 100g (3½0z) chilled, cubed unsalted butter until it resembles breadcrumbs. Add 2 medium egg yolks and 1tbsp cold water, pulse until pastry just comes together. Form into a disc, wrap in clingfilm and chill for 20min. Roll out on a floured surface and use to line a 23cm (9in) loose-bottom tart tin. Prick base with a fork and chill for 15min. Preheat oven to 200°C (180°C fan) mark 6. Line pastry with baking parchment and fill with baking beans. Bake for 15min; remove beans and paper and bake for 5-10min more until pastry feels sandy. Remove from oven. Turn oven down to 150°C (130°C fan) mark 2. Whisk together 4 medium eggs, 2 medium egg yolks, 175g (6oz) caster sugar, zest and juice of 4 lemons and 225ml (8fl oz) double cream. Pour into pastry case (still in tin) and bake for 30-35min until set. Cool in tin. Remove from tin and dust with icing sugar to serve. PER SERVING 503cals, 8g protein, 31g fat (18g saturates), 47g carbs (29g total sugars), 1g fibre



was grown in Israel. It weighed 5.265kg, had a circumference of 74cm and was 35cm high, according to Guinness World Records!

Did you know?

Adding lemon juice to a dish helps lower the glycaemic index and produces a smaller, more sustained rise in blood sugar levels.

BUY IT

It's hard to compete with a serving home-made lemon tart, but there were a few shop-bought offerings that we'd happily serve. The clear winner was Morrisons M Signature Tarte au Citron (£3.49 for 480g) - pretty enough for a dinner party, with a fresh flavour. The all-butter pastry was crisp, and the Sicilian lemon filling was set with eggs rather than tasting of cornflour. Asda Frozen Lemon Tart (£1.50 for 350g) also impressed presented without the fiddly foil tray, the pastry withstood freezing and defrosting, and the tart had a zingy lemon flavour.

SINLESS SUNDAES

♦ Booja-Booja Feisty Rollercoastery Ginger Dairy Free Ice Cream

This smooth iced dessert contains no dairy, and the flavour is sure to satisfy any sweet tooth. Organic and made without refined

sugar, this is the ultimate guilt-free treat. £5.99 for 500ml, from Waitrose and Ocado.

Coconut Collaborative Mango Snowconut

What could be better than combining the health benefits of coconut with a delicious dairy and glutenfree frozen treat? Creamier than a sorbet, it's devilishly moreish. £4.99 for 500ml, from Waitrose, Ocado and Sainsbury's Local.



Lick Blueberry & Raspberry Frozen Yogurt

Made using all-natural flavours, this frozen yogurt is a satisfying alternative to ice cream. We particularly liked Blueberry & Raspberry, as the sweet-sharp flavour packed a punch. £4 for 500ml, from Sainsbury's, Waitrose and Ocado.



GOOD HOUSEKEEPING PROMOTION



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Carbon Trust has certified that SodaStream has a carbon footprint 85% lower than pre-packaged sparkling water.

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- a great way to give your body and skin a hydrating boost. For a refreshing twist, why not add some fresh Summer fruit to the glass?

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TASTEXTEST

We love a burger fresh off the barbecue - but it has to be a good 'un! You can't go wrong with a thick, juicy, flavoursome patty made from steak mince, but how much do you need to spend to get the best for your bun? We tasted 10 fresh supermarket versions to find out...

WINNER

76/100 Aldi Specially Selected Gourmet Angus Burgers

Generously sized burger with a melt-in-the-mouth texture. Really juicy and satisfyingly meaty - our testers wanted more! £2.69 for two

RUNNERS UP

75/100 Marks & Spencer The Grill Ultimate Steak Burgers

Succulent and full of flavour. and a coarser texture means they could pass as home-made. £5 for two

72/100 Muddy Boots Aberdeen Angus Beef **Burgers Classic Recipe**

A tasty burger that's well seasoned and flavoured with garlic and herbs. Slightly smaller patties than the rest. £3.49 for two

Stockist: Waitrose

72/100 Sainsbury's Taste the Difference British **Ultimate Steak Burgers** Good-sized, fine-textured patty that stayed nice and

juicy. A little under seasoned for some. £3.30 for two

71/100 Waitrose Hereford Hand Pressed Beef Burgers Thick and well-flavoured, with enough fat to keep burgers juicy without being greasy. £4.99 for two



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you've made the mince yourself, it's safest to cook them right through.' \Box





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CORNWALL for all reasons and seasons

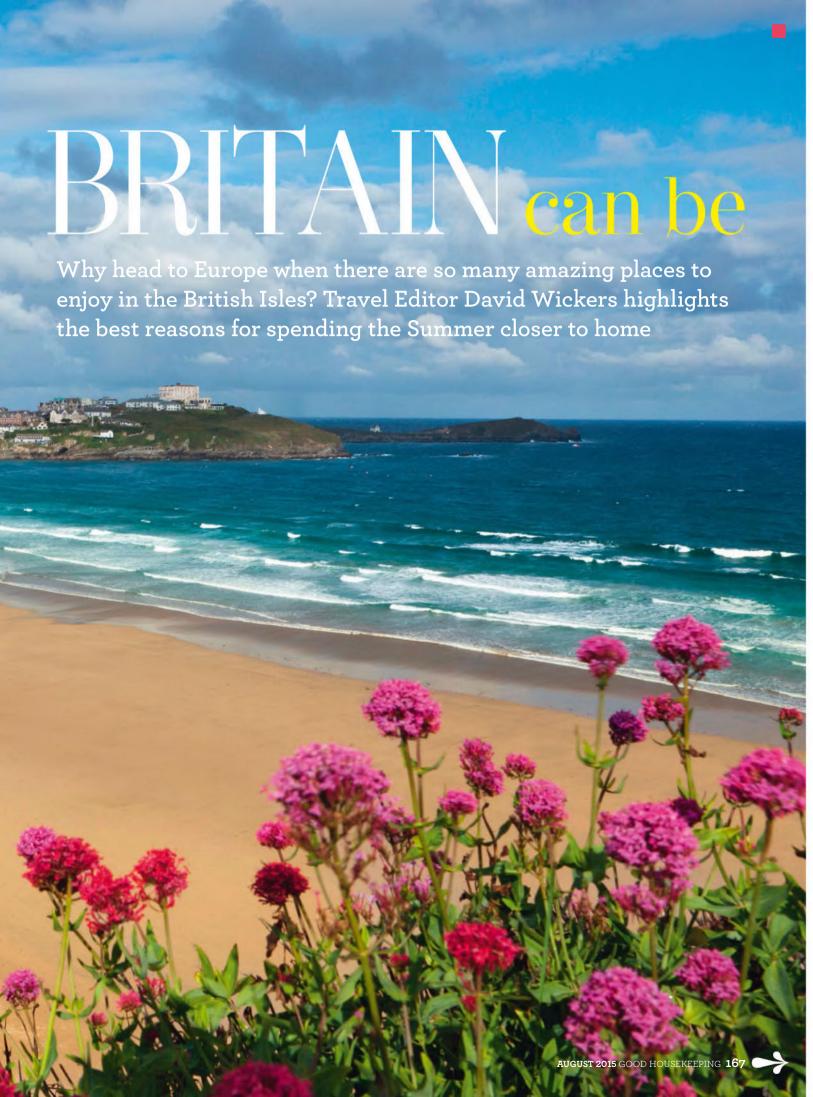
he big issue is not whether to go, but which part to choose. The county is slim, so you're never more than 17 miles from the sea, but Cornwall is too leggy to cover in one visit. I would go north for sand, surf and seafood, west for the magical Scillies and south, my own favourite, for its probing estuaries, an overall boatiness and yet more beaches. You can also make do on and around the Roseland peninsula without a car, travelling down on a First Great Western train to the county town, the city of Truro, catching a boat to Falmouth or St Mawes and continuing to explore by ferries or footpaths.

WHERE TO STAY

On the southern coast, The Nare (narehotel.co.uk) is Cornwall's highest-rated hotel. It is a bastion of tradition, yet extremely family friendly. Doubles from £284 B&B.

Merchants Manor (merchants manor.com) is a short walk from the National Maritime Museum. Prices from £65 per person B&B.

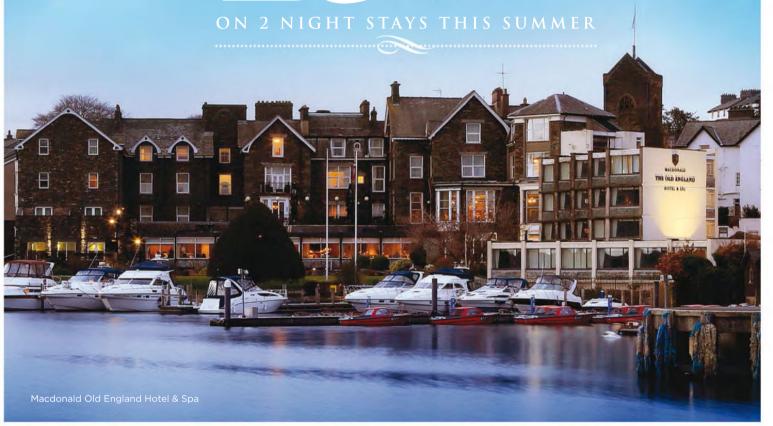
The sweeping sands of Newquay's Great Western Beach make it popular with families





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Its natural assets are legendary: sandy beaches as vast as deserts, wild salt marshes incised by creeks and finger spits beloved by seals and birds. The North Norfolk skies are immense and the views go on for ever. Take a detour inland and you'll find flint-built churches as mighty as mini cathedrals, and historic houses, including Blickling Hall, the National Trust's Jacobean masterpiece that was once the home of Anne Boleyn. No wonder North Norfolk is the Royal coast - the Queen Christmasses at Sandringham and the Cambridges have Anmer Hall as their holiday home.

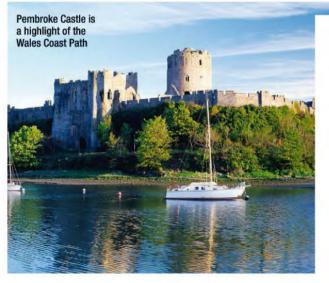
WHERE TO STAY

The Hoste (thehoste.com) in Burnham Market has stylish rooms, superb food, a convivial bar, a spa, and even a museum to commemorate local hero Nelson. Doubles from £155 B&B.

Byfords (byfords.org.uk) in Holt is a fine deli that now offers posh lodgings. Doubles from £120 B&B.







The coast at your feet
embrokeshire, which is Britain's only coastal national park

embrokeshire, which is Britain's only coastal national park (nt.pcnpa.org.uk), has a 186-mile trail that twists and turns, and ups and downs its way through some of the most breathtaking maritime scenery in Britain. From St Dogmaels in the north to Amroth in the south, the trail covers almost every kind of shorescape, from rugged cliff tops and sheltered coves to wide-open beaches and winding estuaries. But bear in mind that it also climbs – a total of more than the height of Everest!

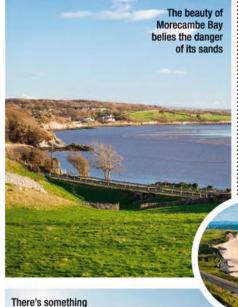
Wales has even more to offer walkers who enjoy the constant companionship of the sea. From the Severn estuary to the river Dee, the 870-mile long Wales Coast Path (walescoastpath.gov.uk) is the first to border an entire country, combining spectacular views, medieval castles, Blue Flag beaches, nature reserves and both Cardiff and Swansea. Other coastal footpaths include the Cleveland Way in Yorkshire, the Southwest Way and paths in North Norfolk, the Isle of Arran and the Isle of Wight.

Fun, fun,

lackpool is Britain's very own Las Vegas. With its Pleasure Beach amusement park, the iconic Tower, a zoo, a waterpark, Sea Life, three piers and several shows (with Joan Armatrading this Summer's most glittering star), it ranks as Europe's single most popular resort. Stay at the Big Blue (bigbluehotel.com) located by the Pleasure Beach.

Blackpool is easily combined with a guided walk across the huge expanse of Morecambe Bay's shifting sands. Don't attempt this on your own aside from the quicksands, the incoming tide can outpace a galloping horse.

Other seaside towns with lots of 'never mind the rain' attractions include Brighton, Scarborough, Torbay, Skegness, Newquay, Bournemouth, Great Yarmouth and Llandudno.



Happy motoring on Antrim's coast

Holy Island is

steeped in history

BRITAIN'S BEST BEACHES...

FOR SAILING The Salcombe estuary on the South Devon coast, Chichester harbour in Sussex and Cowes on the Isle of Wight are sailing havens, the latter famously the host of Cowes Week (aamcowesweek.co.uk).



Salcombe's estuary is a joy for sailors

FOR MOTORISTS The Antrim coast road in Northern Ireland is a classic coast hugger, 20 or so weaving, snaking miles that also encompass the amazing 40,000 basalt stepping stones of the Giant's Causeway.

FOR HERITAGE SEEKERS

Northumberland's coast (visit

northumberland.com) mixes history and holiness, from the

mighty walls of Berwick on

Tweed, to Lindisfarne and the

awesome castle at Bamburgh.

FOR ISLAND HOPPE

Celebrating the three 'Rs' of travel, Scotland's islands are remote, rugged and romantic. Caledonian MacBrayne (calmac. co.uk) sails to 25 destinations on the stunning west coast.



Glorious: the view from Islay to Jura

for everyone

in Blackpool

Seasides of the Southeast

■ he Southeast offers a spectrum of pleasures, all within easy range of London. Oyster lovers should head to Whitstable and, say, the Crab & Winkle (crabandwinklerestaurant.co.uk) on the historic harbour. Art lovers can explore the Turner Contemporary (turnercontemporary. org) overlooking the sands at Margate, immortalised by Mr Turner, and stay at the beachfront Sands Hotel (sandshotelmargate.co.uk). Known as the 'White Palace', the Grand Hotel at Eastbourne (grandeastbourne.com) is not only the only five-star hotel on the British coast, but is found in what's reckoned to be the sunniest place in England. And you may have already seen Ramsgate's newest hotel, Albion House (albionhouseramsgate.co.uk) as it was featured on TV's Hotel Inspector.

FOR CYCLISTS The wild Atlantic Way is Ireland's only fully marked trail that's ideal for cyclists (walkers and motorists, too). It

runs from West Cork to Derry and is packaged in bite-size sections by Irelandways.com.



the Atlantic Way



FOR BIRDS Several Royal Society for the Protection of Birds (rspb.org.uk) sites are coastal, including Bempton Cliffs in Yorkshire, Minsmere in Suffolk, Snettisham on the Wash and Ramsey Island, Wales.

FOR CULTURE One of the highlights of the music calendar is the August Proms at Snape Maltings (aldeburgh.co.uk), which embraces folk, jazz, poetry and soul as well as classical music.



Enjoy a musical break in Suffolk



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BABTA (4)







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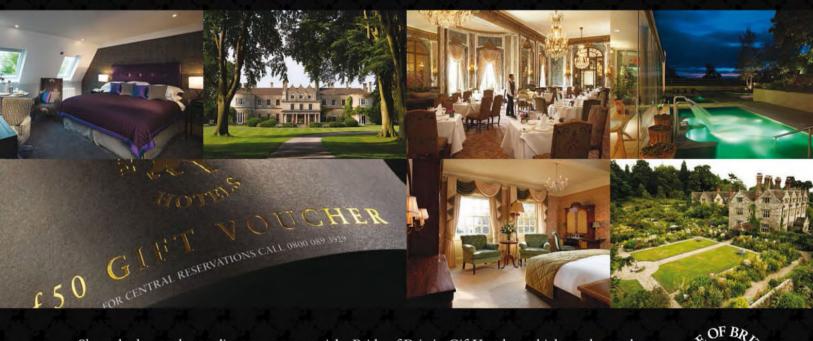
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172 GOOD HOUSEKEEPING AUGUST 2015

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Sylvia Strikes back Medical Secretary gives something back to research and treatment

Sylvia's friends remembered her for her kind heart, and her strong desire to help others. Even though she suffered lifelong poor health, while also caring for her critically ill mother.

But Sylvia did more than put on a brave face: she struck back against illness by working as a medical secretary, and following medical advances keenly. That's how she found out that with conditions such as stroke, the right treatment and back-up can make all the difference when given promptly.

So it's not surprising Sylvia decided that one of the best things she could do would be to strike back again, by supporting the work of the Stroke Association – and leave us a generous gift in her Will.

Today, we take time to remember her. Because Sylvia is still playing an important part in helping us create a future free of stroke, and turn around the lives of thousands of stroke survivors each year.



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- Almat Laundry Gel Non-Bio
- Almat Laundry Gel Colour
- Almat Liquid
- Sachets 2 in 1
- Almat Liquid Sachets Bio
- Almat Liquid Sachets Colour
- Almat Liquid Sachets Non-Bio
- Almat Super Concentrated
- Liquid Wash Bio ■ Almat Super
- Concentrated Liquid Wash Colour
- Almat Super Concentrated
- Liquid Wash Non-Bio ■ Almat Super
- Concentrated
- Liquid Wash 2 in 1 ■ Almat Washing
- Powder 2 in 1
- Almat Washing
- Powder Colour ■ Almat Washing
- Powder Non-Bio
- Almat Washing Tablets
- Almat Washing Tablets Non-Bio
- Anco So Soft Concentrated Fabric
- Conditioner all variants
- Anco So Soft Naturals Fabric Conditioner all variants
- Bramwells Tomato Ketchup

- Diplomat English Breakfast Tea
- Magnum All in 1 Dishwasher Tabs
- Magnum Premium Washing Up Liquid all variants
- Magnum Washing up Liquid - all variants
- Powerforce Bathroom Cleaner
- Powerforce Bleach
- Powerforce Kitchen Cleaner
- Powerforce Multi-Action Cleaner
- Powerforce Shower Cleaner
- Ultimate Unsmoked British Back Bacon

ASDA

- Asda Sensitive Fabric Conditioner Pure
- Asda Sensitive
- Non-Bio Capsules
- Asda Sensitive Non-Bio Concentrated Liquid
- Asda Sensitive Non-Bio Gel
- Asda Sensitive Non-Bio Powder

- Essentials 2 Slice Toaster ■ Essentials Pyramid Kettle
- Ultimate Towel range
- Ultra Soft Sheeting range

- Bosch i-Temp iron range: ■ TDA7060GB
- TDI7020GB
- TDS3771GB
- TDS4571GB

- steam iron **BROTHER**
 - Brother Innov-is 55 sewing machine

■ TDA3020GB Power III

- Water Filter CARTE D'OR
- Chocolate Gelateria Inspiration ice-cream
- Strawberry ice-cream
- Vanilla ice-cream

CIRRIIS

- BioEars ear plugs THE CO-OPERATIVE
- Loved by Us Tomato
- Ketchup Loved by Us Not From
- Concentrate Fresh Orange Juice
- Loved by Us
- Hot Cross Buns
- Loved by Us Chicken and Bacon Sandwich
- Loved by Us Home-style Chips
- Loved by Us Farmhouse White Sliced Loaf
- Loved by Us Farmhouse Wholemeal Sliced Loaf
- Truly Irresistible
- Margherita Pizza
- Truly Irresistible Cheese and Shallot Crisps
- Truly Irresistible Salted Crisps
- Truly Irresistible Sea Salt and Chardonnay Vinegar Crisps

CROSSE & BLACKWELL

Best of British: Beef, Root Vegetable & Ale Soup

- Best of British: Broccoli & Stilton Soup
- Best of British:
- Leek & Potato Soup
- Best of British:
- Pea & Ham Soup
- Best of British: Roast Chicken & Vegetable Soup
- Best of British:
- Winter Vegetable Soup
- Cream of Tomato Soup
- Roasted Red Pepper & Tomato Soup

DIP-SAN

- Dip-San Toilet Brush
- DR BECKMAN
- Colour & Dirt Collector
- Service-It Deep Cleaner
- Service-It Washing Machine Cleaner

DUALIT

ECLOTH

- Vario Toaster
- Antibacterial Cloth
- Bathroom Pack
- Cleaning Pad
- Deep Clean Mop
- Deep Clean Mop Head
- General Purpose Cloth:
- 4 General Purpose Cloths
- Glass & Polishing Cloth: 2 Glass &
- Polishing Cloths
- Granite Pack
- Hob & Oven Pack
- Kitchen Pack
- Shower Pack
- Stainless Steel Cloth
- Stainless Steel Pack
- Starter Pack
- Stay Fresh Cloth
- Tea towels

■ Window Pack

ECOVER ■ All In 1 Dishwasher

- Tablets
- All Purpose Cleaner Laundry Gel Bio
- Laundry Gel Non-Bio
- Multi-Action Cleaner
- Non-Bio Concentrated
- Laundry Detergent
- Non-Bio Washing Powder ■ Washing-Up Liquid

FSSILOR

■ Crizal Forte UV Lenses

GO CHEF

■ 8 in 1 Multi Cooker

AirRAM vacuum cleaner

ICANDY

- Raspberry Pushchair **ICELAND**
- 4 Belgian Chocolate
- Majesties ice-cream
- 4 Salmon Fillets
- Blue Stilton ■ Cheesy Potato Slices
- Yellow Fin Sole Lightly Dusted Fillets in Lemon &

Parsley Marinade KINETICO

■ Water Softener

LAVAZZA

- Fantasia Coffee Machine
- Leisure Cookers: 90cm, 100cm, 110cm

- Floralys Kitchen Towels
- W5 Window & Glass

Cleaner

■ W5 All In One Dishwasher Tablets













- Magnum Bathroom Cleaner
- Magnum Kitchen Cleaner
- Magnum Bleach
- Lidl Nappies ■ Lidl Pull Up Pants
- Bodyclock range

MARTIN MILLER'S GIN **MORRISONS**

- Kitchen Roll
- NEATO
- Neato Botvac 85
- NESCAFE
- Nescafé Dolce Gusto Jovia by De'Longhi
- Nescafé Dolce Gusto Oblo by Krups

NUTRIBULLET

- NutriBullet 600 Series Blender
- **NUTRI NINJA**
- BL450UK blender
- BL480UK blender
- **OVEN MATE**
- Oven Cleaner
- OVEN PRIDE
- Oven Cleaner PACKMATE
- Travel Storage Bags
- Vacuum Storage Bags Flat
- Vacuum Storage Bags Volume
- Vacuum Storage Tote Bag

PANASONIC

- Breadmaker ZB2502
- Washing machine NA-140VZ4
- Washing machine NA-168VG4
- Ionic Toothbrush EW-DE92
- Staincare Toothbrush EW-DL82

PAROZONE

- 24hr Germ Kill Toilet Wipes
- In-Cistern Bleach

- Strongest & Thickest
- Supreme Bleach Original ■ Supreme Bleach
- Whitening

PERSIL

■ Washing Up Liquid – all variants

PHILIPS

- Philips GC4521 Azur Performer Plus Steam Iron
- Philips GC8616 Perfect Care Aqua Steam
- Generator Iron ■ Philips Lumea Precision Plus

PLENTY

- Dura Cloth household towel
- The Big One household towel
- The Fat One household towel
- The Original One household towel

REST ASSURED

■ Traditional Pocket Bed Collection

SHARK

- Lift Away 5 in 1 Steam Мор
- Lift Away NV340 Vacuum Cleaner SEBO
- E range
- Felix range

TEFAI.

- Actifry Express XL
- Actifry Original
- Ingenio Essentials Non-Stick
- Ingenio Induction
- OptiGrill
- Aquaspeed Iron -FV5370 and FV5331
- Freemove Iron –
- FV9965 and FV9970
- Pro Express -GV8925 and GV8430

■ Ultimate Anti Calc Steam Iron -

FV9630 and FV9640 TESCO

- Bushytops Carrots
- Chilli Seed Snacking Mix
- Dried Williams Pear
- Finest Elfe Salad Potatoes
- Finest Stir Fry Sauces Finest Tomatoes Range
- Finest Wild Mushrooms
- Tri-coloured Potatoes
- 5 in 1 Dishwasher Tablets
- AntiBac Cleaner Spray
- Fabric Conditioner
- Kitchen Foil
- Non Bio Laundry Gel
- Hygro Towel Range
- Apple & Elderflower Presse

THANE DIRECT

- Thane Direct X5 Mop VILEDA
- Windomatic

VITAMIX

- Professional Series 500
- Professional Series 750
- Total Nutrition Centre

WAITROSE

- Bio Super Concentrated Liquid detergent
- Super Concentrated Liquid detergent
- Non-bio Laundry Capsules
- Non-bio Laundry Detergent
- Laundry Bio Powder
- Laundry Colourcare Gel
- Fabric Conditioner –
- all variants
- Anti-bac Action
- Cleaner
- Anti-bac Multi Surface
- Daily Shower Shine
- Toilet Cleaner
- Washing Up Liquid

YOUVIEW

■ YouView set-top boxes

UK 2015

GOOD

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- Super Restorative Eye Cream

COLGATE

Max White One Optic

COMFORT

- Comfort Creations Fabric Polypipe underfloor Conditioner Honeysuckle
- & Sandalwood CUSHELLE
- Toilet Tissue JOSEF SEIREL

Footwear **MORRISONS**

Dishwasher Gel Capsules

- Non-Bio Laundry Capsules
- Non-Bio Laundry Gel
- Non-Bio Laundry Liquid ■ Premium Washing Up Liquid
- Pure Fabric Conditioner

PLENTY

- Dura Cloth household towel
- The Big One household towel
- The Fat One household
- The Original One household towel

POLYPIPE

- heating WELEDA ■ Evening Primrose
- Day Cream ■ Evening Primrose
- Night Cream ■ Evening Primrose

Eye & Lip Cream WICKED THE MUSICAL

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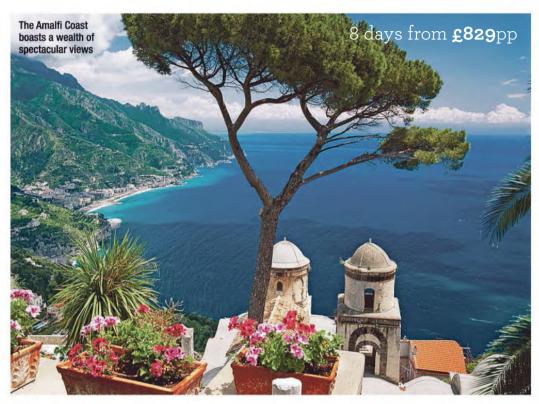






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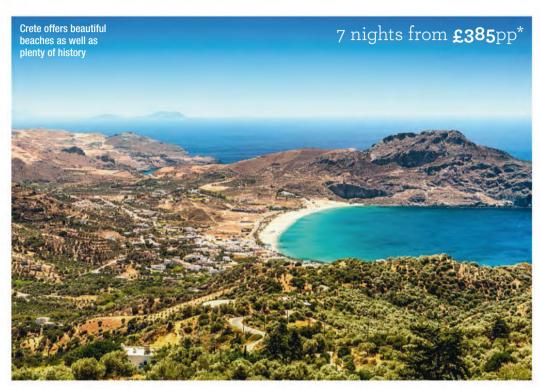


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GH TRAVEL

September getaways



Crete

The largest of the Greek Islands offers glorious beaches, unspoilt scenery and historical sights, including the world-famous Palace of Knossos. Get active with hiking and water sports, or relax over a long meal in one of the picturesque town squares or harbours.

Price includes:

- ♦ 7 nights' all inclusive at the five-star Hersonissos Palace
- Flight taxes and fuel supplements

Budapest

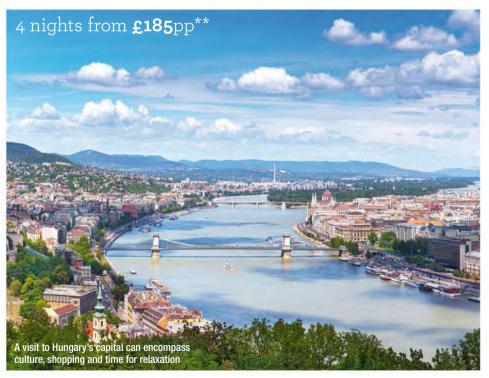
The capital of Hungary is one of Europe's most delightful cities, full of art galleries and museums, shops and restaurants. Visit the thermal baths for a massage or a dip in the healing waters, or head to Aquaworld, one of Europe's largest water theme parks.

Price includes:

- ◆ Four nights' B&B at the four-star Marmara Design Hotel
- ◆ Flight taxes and fuel supplements

FOR DETAILS AND TO BOOK

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GH DIRECT

20% off swimwear online



Flamenco padded top 30D-36F and shorts 8-18 Usual price Top, £28, and shorts, £18 GH price Top, £22.40, and shorts, £14.40

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Hawaii crossover control suit 10-22 Usual price £38 GH price £30.40



Chelsea padded halter top 32B-36F and tie-side brief 8-16 with Chelsea kimono S-XL Usual price Top, £26, brief, £16, and kimono, £42 GH price Top, £20.80, brief, £12.80, and kimono, £33.60



Aloha control halter swimsuit 8-18 in Spearmint (also available in Blue) Usual price £39 GH price £31.20



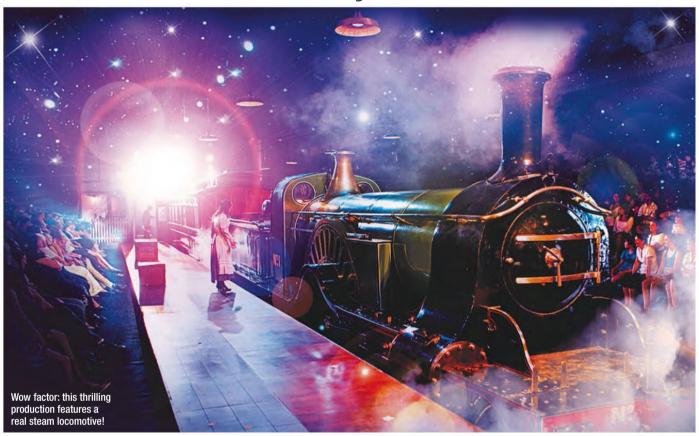
Fiji moulded top 32B-38G and ruched brief 8-18 in Slate/Peacock (also available in Black/White)
Usual price Top, £26, and brief, £18
GH price Top, £20.80, and brief, £14.40

TO ORDER Visit shoppourmoi.co.uk and enter the voucher code GHK20 when requested

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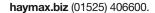
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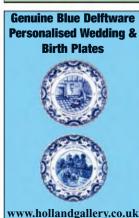
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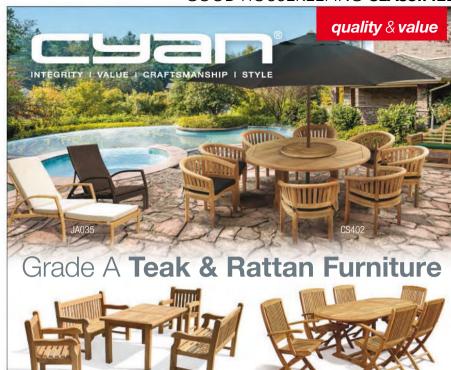
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I'm warming to the idea of a global adventure

A change is as good as a rest, so Sandi's heading further afield for her holidays this year. But is husky trekking in Finland really such a good idea? ILLUSTRATION CLARE MACKIE

have certain sayings in my head that have been there so long I can't shake them off. Some are not entirely helpful, such as 'cheap at half the price', which just seems so obvious you can't think why anyone thought to say it in the first place. (In fact, it's a misunderstanding about how shopping worked in the Middle Ages, but I haven't the time). The phrase that comes to mind every time the conversation turns to holidays is 'expectations are planned resentments', and never is this more true than when it comes to a big, muchanticipated break. We pore over brochures with pictures of people looking happy (yet with their family), eating (yet thin), drinking (yet not drunk) as they lie on golden beaches without getting either sunburn, or sand, in awkward places. We so thoroughly prepare ourselves for such heady delights that, once we arrive, the only possible outcome is irritation or disappointment.

Some of these are avoidable. I once locked the car keys and all the luggage in the boot of the car five minutes before we were due to depart. I was unpopular to say the least - until I arranged a taxi and turned it into a rather jolly game of speed purchasing. It turns out you can buy everything you need for a family of five at the airport for a lot less than you might imagine.

Many people, however, are so anxious about being let down on their big break that they follow yet another old adage - better the devil you know' - and only holiday where they've been before. My British grandparents used to spend two weeks in the same room at the same hotel in Eastbourne, every year. My Danish father was baffled by this loyalty, but not as baffled as he was by the lunch menu, which included orange juice as a starter. My grandparents are gone now, but the idea of holiday repetition is not. Over half of British tourists return to the same place each year.

There would be nothing wrong with

repeating a good relaxation experience if everyone was satisfied, but the truth is they're not. Apparently, this country is packed with people who have unfulfilled travel desires. Around 34 million British adults wish they could go somewhere new but don't. They stick to the familiar, staring out at the same stretch of sand in I've never been Benidorm or Brighton, while to a husky's actually dreaming of trekking through the wild to see a polar house, but bear or chasing some other I picture a lot dream. (Top tip: never chase a polar bear. Global warming of fighting has made them grumpy.)

over canapés It seems our approach to holidays is a bit like a New Year's resolution - think big but act small. Life is short and we should grab it by the throat, so this year I have decided to be bold in my holiday plans. Perhaps you can teach an old dog new tricks... How about husky trekking in the wilderness in Finland? The pictures look great: cute dogs, pristine forests. You get your own husky, which sounds nice, although there are a couple of warning bells. You are attached to your canine pal by 'a shock-absorbing

leash', which sounds less than comfy. The brochure boasts that, on the last night, 'the huskies invite you to spend a night at their home - as a thank you for keeping them company'. I've never been to an evening planned by huskies, but I picture a lot of

fighting over the canapés.

If not that, then how about Genghis Khan warrior training in Mongolia? When you think about it, who hasn't felt they have a lack of 13th-century battle skills? You dress up, drink koumiss (fermented mare's milk) and stay in a felt ger. I don't even know what that is, but I'm sure I haven't done it before.

I want to be adventurous to climb Machu Picchu, eat truffle-topped ice cream, fly through the Amazon on a zip-line, pedal through Provence and hear the crack of ice in the Antarctic. I will do it some day. The trouble is, I haven't had much time off this year and I am very tired. Mostly I just want to lie down and have someone bring me some orange juice. I wonder if that hotel in Eastbourne is still there? 🔲





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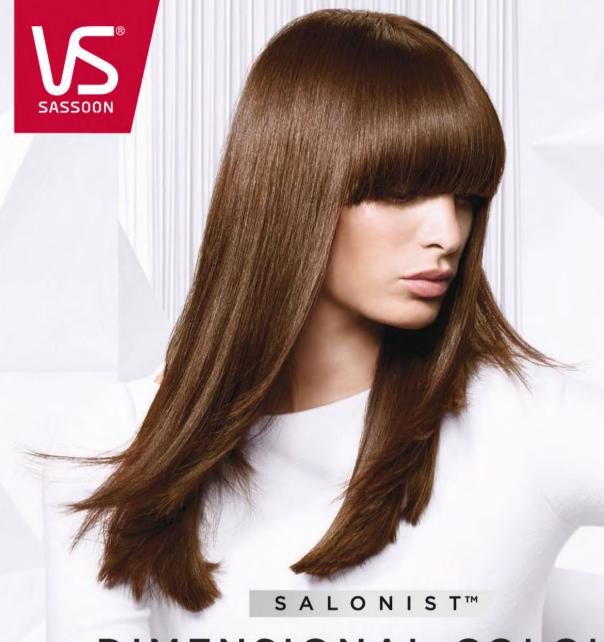
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